



HEALTH SCORE

63%

Italian Chicken Stew



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove garlic minced
- ☐ 1 oz garnish: mozzarella cheese shredded grated
- ☐ 16 oz rigatoni pasta uncooked
- ☐ 20 oz vegetables frozen italian
- ☐ 96 oz stewed tomatoes canned
- ☐ 3 to 4 boneless skinless

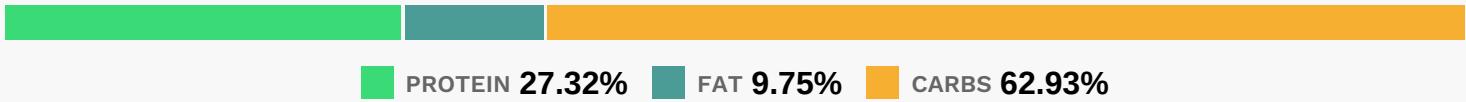
Equipment

- ☐ slow cooker

Directions

- ☐ Place chicken, tomatoes, vegetables and garlic in a slow cooker. Cover and cook on low setting for 4 to 5 hours. About 35 minutes before cooking is complete, top stew with uncooked pasta; do not stir. Cover and finish cooking. Pasta will thicken the stew as it cooks.
- ☐ Garnish portions with cheeses.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:32.11, Inflammation Score:-10, Nutrition Score:46.264783024788%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 730.01kcal (36.5%), Fat: 8.1g (12.46%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 117.6g (39.2%), Net Carbohydrates: 104.7g (38.07%), Sugar: 21.59g (23.99%), Cholesterol: 91.72mg (30.57%), Sodium: 1518.29mg (66.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.06g (102.13%), Selenium: 106.52µg (152.16%), Vitamin A: 6784.35IU (135.69%), Vitamin B3: 21mg (105%), Manganese: 1.46mg (73.25%), Vitamin C: 56.61mg (68.62%), Vitamin B6: 1.36mg (67.89%), Phosphorus: 668.85mg (66.89%), Potassium: 2083.99mg (59.54%), Iron: 10.03mg (55.74%), Fiber: 12.89g (51.58%), Copper: 1.02mg (50.9%), Magnesium: 178mg (44.5%), Vitamin B1: 0.56mg (37.33%), Vitamin E: 4.9mg (32.7%), Vitamin B5: 3.15mg (31.51%), Vitamin B2: 0.5mg (29.24%), Calcium: 290.45mg (29.05%), Zinc: 3.75mg (25.02%), Folate: 82.21µg (20.55%), Vitamin K: 13.53µg (12.89%), Vitamin B12: 0.35µg (5.8%), Vitamin D: 0.16µg (1.09%)