



Juicy Slow Cooker Chicken Breast For Any Diet

 **Gluten Free**  **Dairy Free**

READY IN



370 min.

SERVINGS



4

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 1 clove garlic minced
- 1 teaspoon penzey's southwest seasoning italian
- 0.3 onion chopped
- 1 pound chicken breast halves boneless skinless

Equipment

- slow cooker

Directions

- Arrange chicken in a slow cooker.
- Pour tomatoes over chicken; add onion, Italian seasoning, and garlic.
- Cook on Low for 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:2.32, Inflammation Score:-5, Nutrition Score:16.296521746594%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 167.35kcal (8.37%), Fat: 3.26g (5.01%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.43g (2.34%), Sugar: 4.84g (5.38%), Cholesterol: 72.57mg (24.19%), Sodium: 267.72mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.86%), Vitamin B3: 13.12mg (65.6%), Selenium: 37.07µg (52.95%), Vitamin B6: 1.03mg (51.31%), Phosphorus: 274.9mg (27.49%), Potassium: 740.03mg (21.14%), Vitamin B5: 1.92mg (19.19%), Vitamin C: 11.57mg (14.02%), Magnesium: 52.26mg (13.07%), Manganese: 0.25mg (12.57%), Copper: 0.23mg (11.34%), Iron: 1.97mg (10.93%), Vitamin E: 1.59mg (10.62%), Vitamin B1: 0.16mg (10.35%), Vitamin B2: 0.17mg (10.13%), Fiber: 2.3g (9.19%), Vitamin K: 8.82µg (8.4%), Zinc: 0.97mg (6.46%), Vitamin A: 263.68IU (5.27%), Calcium: 51.53mg (5.15%), Folate: 20.41µg (5.1%), Vitamin B12: 0.23µg (3.78%)