



Mushroom Chicken Cacciatore

 Dairy Free

READY IN



260 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces mushrooms drained sliced canned
- 15 ounces tomato sauce canned
- 2 tablespoons canola oil
- 0.3 cup chicken broth
- 4 servings spaghetti hot cooked
- 0.5 teaspoon thyme dried
- 2 garlic clove minced
- 1 medium onion chopped

- 1.3 teaspoons oregano dried
- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 1.5 pounds chicken breast halves boneless skinless

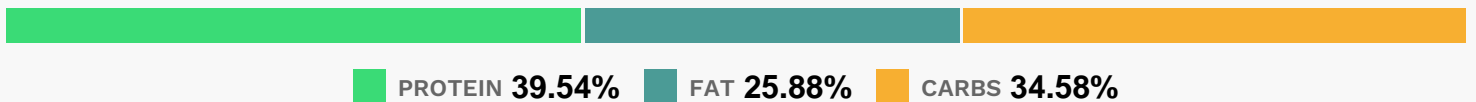
Equipment

- bowl
- frying pan
- slow cooker

Directions

- In a large skillet, brown chicken in oil on both sides.
- Transfer to a 3-qt. slow cooker. In a bowl, combine the tomato sauce, mushrooms, onion, wine, garlic, oregano, thyme, salt and pepper; pour over chicken.
- Cover and cook on low for 4-5 hours or until meat is tender.
- Serve with spaghetti.

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:14.53, Inflammation Score:-8, Nutrition Score:27.49521736995%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 446.05kcal (22.3%), Fat: 12.78g (19.67%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 33.13g (12.05%), Sugar: 6.86g (7.62%), Cholesterol: 109.16mg (36.39%), Sodium: 1071.8mg (46.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.94g (87.89%), Selenium: 80.28µg (114.69%), Vitamin

B3: 20.15mg (100.74%), Vitamin B6: 1.51mg (75.67%), Phosphorus: 484.76mg (48.48%), Vitamin B5: 3.36mg (33.58%), Potassium: 1114.19mg (31.83%), Manganese: 0.58mg (28.91%), Magnesium: 89.32mg (22.33%), Vitamin E: 3.27mg (21.82%), Fiber: 5.31g (21.25%), Copper: 0.41mg (20.49%), Iron: 3.67mg (20.39%), Vitamin B2: 0.29mg (17.04%), Vitamin B1: 0.22mg (14.67%), Vitamin C: 12.06mg (14.62%), Zinc: 2.16mg (14.41%), Vitamin K: 14.57µg (13.88%), Vitamin A: 528.06IU (10.56%), Folate: 36.23µg (9.06%), Calcium: 57.87mg (5.79%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.28µg (1.89%)