



## Provençale Chicken Supper

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

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- 15.5 ounce .5 can cannellini beans white rinsed drained canned
- 24 ounce chicken breast halves
- 2 teaspoons basil dried
- 0.1 teaspoon salt
- 1 cup yellow bell pepper diced yellow

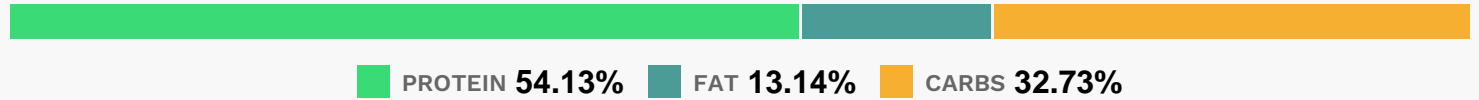
### Equipment

slow cooker

## Directions

- Place the chicken in an electric slow cooker; sprinkle with basil, salt, and black pepper.
- Add the bell pepper, beans, and tomatoes. Cover with lid; cook on low-heat setting for 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:2.11, Inflammation Score:0, Nutrition Score:28.105217285778%

## Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 317.27kcal (15.86%), Fat: 4.79g (7.38%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 19.1g (6.95%), Sugar: 4.53g (5.03%), Cholesterol: 108.86mg (36.29%), Sodium: 642.96mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.42g (88.84%), Vitamin C: 79.85mg (96.79%), Vitamin B3: 19.35mg (96.77%), Selenium: 55.18µg (78.83%), Vitamin B6: 1.5mg (74.88%), Phosphorus: 400.5mg (40.05%), Fiber: 7.75g (31.02%), Potassium: 1023.43mg (29.24%), Vitamin B5: 2.78mg (27.77%), Iron: 4.97mg (27.58%), Magnesium: 72.91mg (18.23%), Manganese: 0.31mg (15.72%), Copper: 0.29mg (14.26%), Vitamin B2: 0.24mg (14.06%), Vitamin K: 14.46µg (13.77%), Vitamin B1: 0.2mg (13.12%), Calcium: 124.98mg (12.5%), Vitamin E: 1.66mg (11.08%), Zinc: 1.36mg (9.09%), Folate: 31.41µg (7.85%), Vitamin A: 350.54IU (7.01%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)