



Provincial Chicken

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 30 oz tomatoes diced canned
- ☐ 6 servings bowtie pasta cooked
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon onion dried minced
- ☐ 2 tablespoons parsley dried
- ☐ 1 cup cheddar cheese shredded
- ☐ 4 chicken breasts boneless skinless

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 zucchini diced

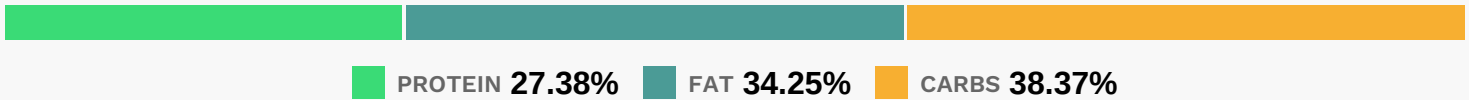
Equipment

- ☐ slow cooker

Directions

- ☐ In a slow cooker, combine chicken, tomatoes, zucchini, soup, vinegar, onion and herbs. Cover and cook on low setting for 6 to 8 hours.
- ☐ Remove chicken, cut into bite-size pieces and return to slow cooker. Stir in cheese and sour cream; cover and cook for an additional 15 minutes.
- ☐ To serve, spoon over cooked pasta.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:14.33, Inflammation Score:-7, Nutrition Score:23.073912900427%

Flavonoids

Apigenin: 30.04mg, Apigenin: 30.04mg, Apigenin: 30.04mg, Apigenin: 30.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 425.82kcal (21.29%), Fat: 16.23g (24.98%), Saturated Fat: 7.08g (44.28%), Carbohydrates: 40.94g (13.65%), Net Carbohydrates: 37.02g (13.46%), Sugar: 7.63g (8.48%), Cholesterol: 82.42mg (27.47%), Sodium: 786.38mg (34.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.4%), Selenium: 53.96µg (77.09%), Vitamin B3: 9.81mg (49.05%), Vitamin B6: 0.91mg (45.61%), Phosphorus: 382.73mg (38.27%), Vitamin C: 27.46mg (33.29%), Manganese: 0.65mg (32.43%), Potassium: 858.25mg (24.52%), Calcium: 238.65mg (23.86%), Vitamin B2: 0.39mg (22.89%), Iron: 3.91mg (21.74%), Vitamin K: 21.85µg (20.8%), Magnesium: 76.53mg (19.13%), Vitamin B5: 1.73mg (17.29%), Copper: 0.33mg (16.3%), Fiber: 3.92g (15.67%), Zinc: 2.25mg (14.99%), Vitamin A: 733.99IU (14.68%), Vitamin E: 1.8mg (12.03%), Vitamin B1: 0.18mg (11.99%), Folate: 45.2µg (11.3%), Vitamin B12: 0.39µg (6.51%),

Vitamin D: 0.19µg (1.26%)