



WHATSheATE



Savory Slow-Cooked Chicken Cacciatore



Dairy Free

READY IN



460 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1.5 cups chicken stock see swanson®
- ☐ 16 ounce fettuccine barilla cooked drained
- ☐ 0.3 cup cornstarch
- ☐ 4 cloves garlic minced
- ☐ 1 medium bell pepper green cut into 2-inch-long strips
- ☐ 2 teaspoons penzey's southwest seasoning italian crushed
- ☐ 1 pound mushrooms cut in half

- ☐ 1 tablespoon olive oil
- ☐ 2 medium onions chopped
- ☐ 3 pounds chicken parts skinless

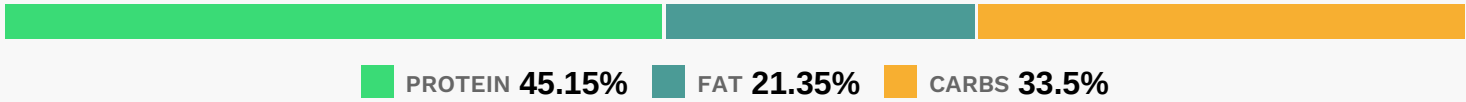
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the chicken and cook until well browned on all sides.
- ☐ Stir the garlic, Italian seasoning, tomatoes, mushrooms, onions, pepper and 1 cup stock in a 6-quart slow cooker.
- ☐ Add the chicken and turn to coat.
- ☐ Cover and cook on LOW for 7 to 8 hours or until the chicken is cooked through.
- ☐ Remove the chicken from the cooker and keep warm.
- ☐ Stir the cornstarch and remaining stock in a small bowl until the mixture is smooth. Stir the cornstarch mixture in the cooker. Cover and cook on HIGH for 10 minutes or until the mixture boils and thickens.
- ☐ Serve with the chicken and pappardelle.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:13.32, Inflammation Score:-8, Nutrition Score:34.753478651461%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg,

Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.92mg, Quercetin:
7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 519.11kcal (25.96%), Fat: 12.34g (18.99%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 43.58g (14.53%),
Net Carbohydrates: 38.07g (13.84%), Sugar: 10.65g (11.83%), Cholesterol: 182.48mg (60.83%), Sodium: 445.72mg
(19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.74g (117.47%), Vitamin B3: 24.46mg (122.32%),
Selenium: 63.47µg (90.67%), Vitamin B6: 1.44mg (72.19%), Phosphorus: 592.7mg (59.27%), Vitamin C: 38.39mg
(46.54%), Vitamin B2: 0.78mg (46%), Vitamin B5: 4.18mg (41.81%), Potassium: 1343.97mg (38.4%), Copper: 0.75mg
(37.47%), Manganese: 0.7mg (34.99%), Zinc: 4.95mg (33.01%), Magnesium: 116.35mg (29.09%), Iron: 5.16mg
(28.65%), Vitamin B1: 0.4mg (26.87%), Fiber: 5.51g (22.04%), Vitamin E: 2.82mg (18.83%), Vitamin K: 18.41µg
(17.54%), Folate: 64.81µg (16.2%), Vitamin B12: 0.94µg (15.62%), Calcium: 110.15mg (11.01%), Vitamin A: 505.69IU
(10.11%), Vitamin D: 0.45µg (3.02%)