



Simple Slow-Cooker Chicken Cacciatore

 Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb chicken breasts and thighs mixed boneless skinless
- 0.5 lb mushrooms fresh sliced
- 1 bell pepper green cut into strips
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 tsp oregano leaves dried
- 1.5 cups classico family favorites pasta sauce traditional
- 3 cups rotini pasta uncooked

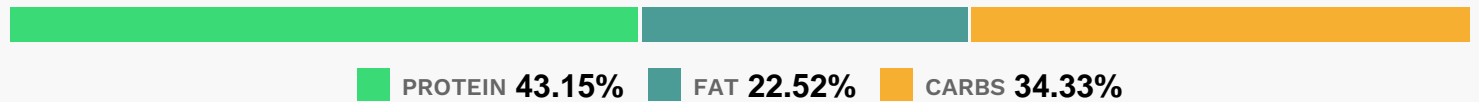
Equipment

slow cooker

Directions

- Mix dressing and oregano in slow cooker sprayed with cooking spray.
- Add chicken; turn to evenly coat both sides of each piece with dressing mixture.
- Top with vegetables and pasta sauce; cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 4 to 6 hours). About 15 min. before ready to serve, cook pasta as directed on package, omitting salt.
- Drain pasta.
- Serve topped with chicken and vegetables.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:7.79, Inflammation Score:-6, Nutrition Score:18.43608675314%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 268.83kcal (13.44%), Fat: 6.64g (10.22%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 20.75g (7.54%), Sugar: 4.75g (5.28%), Cholesterol: 72.57mg (24.19%), Sodium: 498.4mg (21.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.29%), Selenium: 53.72µg (76.75%), Vitamin B3: 13.79mg (68.95%), Vitamin B6: 1mg (50.04%), Phosphorus: 322.96mg (32.3%), Vitamin B5: 2.3mg (22.96%), Potassium: 737.54mg (21.07%), Vitamin C: 17.2mg (20.84%), Vitamin B2: 0.28mg (16.24%), Manganese: 0.32mg (15.99%), Magnesium: 53.68mg (13.42%), Copper: 0.25mg (12.63%), Vitamin K: 12.26µg (11.68%), Vitamin B1: 0.14mg (9.24%), Vitamin E: 1.32mg (8.82%), Zinc: 1.26mg (8.39%), Fiber: 2.04g (8.16%), Iron: 1.47mg (8.15%), Vitamin A: 297.08IU (5.94%), Folate: 19.56µg (4.89%), Vitamin B12: 0.24µg (3.97%), Calcium: 24.67mg (2.47%), Vitamin D: 0.17µg (1.13%)