



Slow-Cooker Chicken Bolognese

READY IN



385 min.

SERVINGS



8

CALORIES



807 kcal

SAUCE

Ingredients

- 3 carrots peeled sliced
- 2 stalks celery sliced
- 0.3 cup basil fresh chopped
- 1 onion chopped
- 0.5 cup parmesan cheese shredded kraft
- 24 oz classico family favorites pasta sauce traditional
- 2 lb chicken thighs boneless skinless
- 0.3 cup tuscan house dressing italian kraft
- 6 cups penne pasta whole wheat uncooked

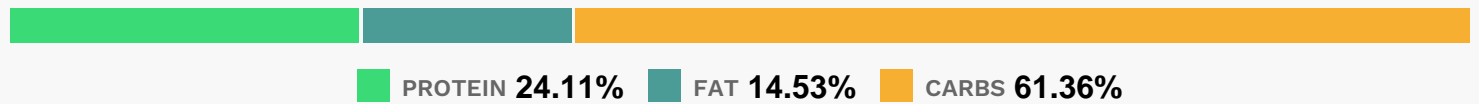
Equipment

slow cooker

Directions

- Place vegetables in slow cooker; top with chicken.
- Mix pasta sauce and dressing; pour over chicken. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 4 hours). About 15 min. before serving chicken, cook pasta as directed on package, omitting salt.
- Stir basil into ingredients in slow cooker.
- Drain pasta; serve topped with chicken mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:30.98, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:20.788695540765%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 806.58kcal (40.33%), Fat: 12.61g (19.39%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 119.77g (39.92%), Net Carbohydrates: 104.67g (38.06%), Sugar: 9.4g (10.45%), Cholesterol: 111.98mg (37.33%), Sodium: 701.47mg (30.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.05g (94.11%), Vitamin A: 4353.17IU (87.06%), Fiber: 15.1g (60.39%), Selenium: 27.83µg (39.75%), Vitamin B3: 7.48mg (37.41%), Vitamin B6: 0.65mg (32.75%), Phosphorus: 294.31mg (29.43%), Potassium: 663.83mg (18.97%), Vitamin K: 19.01µg (18.1%), Vitamin B2: 0.3mg (17.65%), Vitamin B5: 1.76mg (17.57%), Zinc: 2.19mg (14.57%), Vitamin B12: 0.8µg (13.35%), Vitamin E: 1.79mg (11.93%), Magnesium: 47.66mg (11.91%), Calcium: 113.11mg (11.31%), Iron: 1.94mg (10.75%), Vitamin C: 8.79mg (10.66%), Vitamin B1: 0.15mg (10.01%), Copper: 0.19mg (9.34%), Manganese: 0.18mg (9.1%), Folate: 23.7µg (5.92%)