



Slow Cooker Chicken Cacciatore

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

READY IN



555 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces mushrooms fresh sliced
- 2 tablespoons garlic minced
- 2 bell pepper green cubed seeded
- 1 onion diced finely
- 6 chicken breast halves boneless skinless
- 28 ounce spaghetti sauce

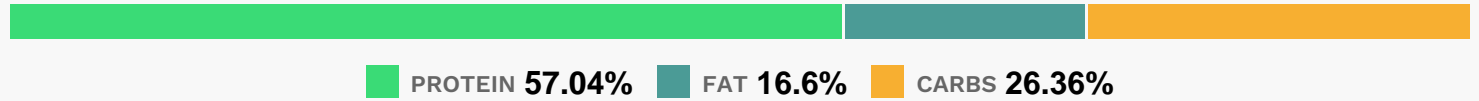
Equipment

- slow cooker

Directions

- Put the chicken in the slow cooker. Top with the spaghetti sauce, green bell peppers, mushrooms, onion, and garlic.
- Cover, and cook on Low for 7 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:3.28, Inflammation Score:-7, Nutrition Score:21.767825924832%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 188.13kcal (9.41%), Fat: 3.55g (5.46%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 9.29g (3.38%), Sugar: 7.21g (8.02%), Cholesterol: 72.32mg (24.11%), Sodium: 762.44mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.92%), Vitamin B3: 14.69mg (73.46%), Selenium: 40.94µg (58.48%), Vitamin B6: 1.16mg (57.96%), Vitamin C: 45.49mg (55.14%), Phosphorus: 322.86mg (32.29%), Potassium: 1038.1mg (29.66%), Vitamin B5: 2.66mg (26.63%), Vitamin B2: 0.37mg (21.76%), Copper: 0.34mg (17.21%), Vitamin E: 2.28mg (15.17%), Vitamin A: 754.12IU (15.08%), Magnesium: 59.09mg (14.77%), Manganese: 0.29mg (14.65%), Fiber: 3.4g (13.62%), Iron: 2.1mg (11.64%), Vitamin B1: 0.17mg (11.4%), Zinc: 1.26mg (8.38%), Folate: 30.38µg (7.6%), Vitamin K: 6.98µg (6.65%), Vitamin B12: 0.24µg (4.02%), Calcium: 38.32mg (3.83%), Vitamin D: 0.19µg (1.26%)