



## Slow-Cooker Chicken Cacciatore

READY IN



285 min.

SERVINGS



6

CALORIES



1009 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 lb irish oats whole skinless
- 0.3 cup flour all-purpose
- 2 tablespoons vegetable oil
- 1 medium bell pepper green
- 2 medium onion
- 14.5 oz canned tomatoes diced organic undrained canned
- 4.5 oz mushrooms drained sliced
- 0.5 teaspoon oregano dried
- 0.3 teaspoon basil dried

- 0.5 teaspoon salt
- 2 cloves garlic finely chopped
- 1 serving parmesan cheese grated

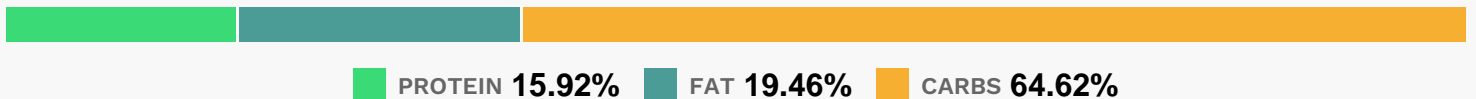
## Equipment

- frying pan
- slow cooker

## Directions

- Coat chicken with flour. In 12-inch skillet, heat oil over medium-high heat.
- Add chicken; cook 15 to 20 minutes or until brown on all sides; drain.
- Cut bell pepper and onions crosswise in half; cut each half into fourths.
- In 3 1/2- to 6-quart slow cooker, place half of the chicken pieces.
- Mix bell pepper, onions and remaining ingredients except cheese; spoon half of mixture over chicken.
- Add remaining chicken; top with remaining vegetable mixture.
- Cover; cook on Low heat setting 4 to 6 hours or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs).
- Serve with cheese. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

## Nutrition Facts



## Properties

Glycemic Index:45.67, Glycemic Load:77.4, Inflammation Score:-6, Nutrition Score:16.0704349098%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

## **Nutrients (% of daily need)**

Calories: 1009.1kcal (50.45%), Fat: 22.23g (34.19%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 166.1g (55.37%), Net Carbohydrates: 138.39g (50.32%), Sugar: 5.51g (6.12%), Cholesterol: 4.35mg (1.45%), Sodium: 375.23mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.93g (81.85%), Fiber: 27.72g (110.87%), Iron: 10.99mg (61.08%), Vitamin C: 25.73mg (31.18%), Calcium: 198.51mg (19.85%), Vitamin K: 15.46µg (14.72%), Manganese: 0.29mg (14.4%), Copper: 0.24mg (11.87%), Vitamin B6: 0.24mg (11.76%), Vitamin B2: 0.19mg (11.21%), Potassium: 380.47mg (10.87%), Vitamin B3: 2.17mg (10.87%), Vitamin B1: 0.16mg (10.33%), Selenium: 6.83µg (9.75%), Phosphorus: 95.9mg (9.59%), Vitamin E: 1.38mg (9.17%), Folate: 35.03µg (8.76%), Magnesium: 25.54mg (6.39%), Vitamin B5: 0.63mg (6.28%), Vitamin A: 267.9IU (5.36%), Zinc: 0.67mg (4.46%), Vitamin B12: 0.08µg (1.27%)