



Slow-Cooker Chicken Cacciatore with Linguine

READY IN



505 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb chicken thighs boneless skinless (12)
- 4.5 oz mushrooms drained sliced
- 12 oz canned tomatoes italian-style canned
- 1.8 cups chicken broth (from 32-oz carton)
- 0.5 cup wine
- 1.5 teaspoons basil dried
- 0.5 teaspoon salt
- 1 bay leaves dried

- 12 oz pasta uncooked
- 0.3 teaspoon thyme leaves dried
- 1 tablespoon cornstarch
- 1 serving parmesan shredded

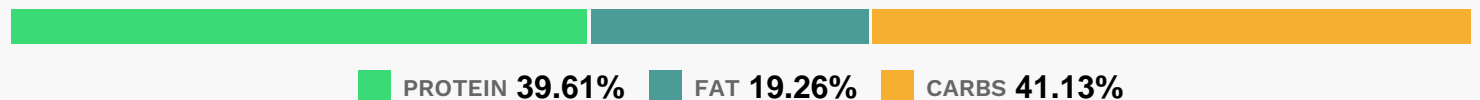
Equipment

- bowl
- slow cooker

Directions

- Spray 3- to 4-quart slow cooker with cooking spray.
- Place chicken in cooker.
- Add mushrooms, tomato paste, broth, wine, basil, salt and bay leaf; gently stir to mix.
- Cover; cook on Low heat setting 8 to 10 hours.
- About 15 minutes before serving, cook and drain linguine as directed on package.
- Remove chicken from slow cooker; cover to keep warm. Stir thyme into sauce in cooker. Increase heat setting to High. In small bowl, mix 1/4 cup sauce from cooker and the cornstarch until smooth; stir into remaining sauce in cooker.
- Cover; cook 10 minutes longer, stirring frequently.
- Remove bay leaf before serving.
- Serve chicken and sauce over linguine.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:18.46, Inflammation Score:-6, Nutrition Score:25.91521759396%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 503.99kcal (25.2%), Fat: 10.3g (15.85%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 46.29g (16.83%), Sugar: 4.96g (5.51%), Cholesterol: 184.32mg (61.44%), Sodium: 777.02mg (33.78%), Alcohol: 2.06g (100%), Alcohol %: 0.62% (100%), Protein: 47.69g (95.38%), Selenium: 82.33µg (117.61%), Vitamin B3: 13.18mg (65.9%), Phosphorus: 539.02mg (53.9%), Vitamin B6: 1.05mg (52.36%), Manganese: 0.75mg (37.42%), Vitamin B2: 0.55mg (32.18%), Vitamin B5: 3.03mg (30.29%), Zinc: 4.17mg (27.78%), Potassium: 861.61mg (24.62%), Magnesium: 93.63mg (23.41%), Copper: 0.46mg (23.02%), Vitamin B12: 1.29µg (21.53%), Vitamin B1: 0.3mg (19.9%), Iron: 3.49mg (19.39%), Fiber: 3.23g (12.91%), Vitamin K: 12.99µg (12.38%), Calcium: 118.8mg (11.88%), Vitamin E: 1.18mg (7.86%), Folate: 30.14µg (7.54%), Vitamin C: 5.81mg (7.04%), Vitamin A: 214.53IU (4.29%)