



Slow Cooker Chicken Creole



Gluten Free



Dairy Free



Popular

READY IN



730 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce mushrooms drained canned
- ☐ 14.5 ounce canned tomatoes with liquid canned
- ☐ 1 stalk celery diced
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper diced green
- ☐ 1 jalapeno fresh seeded chopped
- ☐ 1 onion diced
- ☐ 4 servings salt and pepper to taste

- ☐ 4 servings penzey's southwest seasoning creole-style to taste
- ☐ 4 chicken breast halves boneless skinless

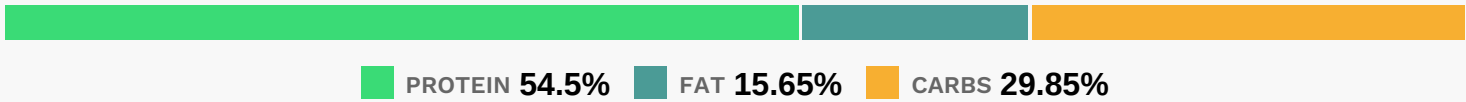
Equipment

- ☐ slow cooker

Directions

- ☐ Place chicken breasts in slow cooker. Season with salt, pepper, and Creole-style seasoning to taste. Stir in tomatoes with liquid, celery, bell pepper, garlic, onion, mushrooms, and jalapeno pepper.
- ☐ Cook on Low for 10 to 12 hours, or on High for 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:3.07, Inflammation Score:-7, Nutrition Score:21.468260822089%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 194.16kcal (9.71%), Fat: 3.46g (5.32%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 10.51g (3.82%), Sugar: 7.41g (8.23%), Cholesterol: 72.32mg (24.11%), Sodium: 591.74mg (25.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.2%), Vitamin B3: 13.81mg (69.03%), Vitamin B6: 1.18mg (58.89%), Selenium: 38.5µg (54.99%), Vitamin C: 41.95mg (50.85%), Phosphorus: 311.05mg (31.11%), Potassium: 904.33mg (25.84%), Vitamin B5: 2.25mg (22.47%), Manganese: 0.4mg (20.14%), Fiber: 4.34g (17.35%), Vitamin K: 17.82µg (16.97%), Copper: 0.33mg (16.69%), Magnesium: 64.8mg (16.2%), Iron: 2.57mg (14.3%), Vitamin B1: 0.21mg (14.19%), Vitamin E: 1.95mg (13.03%), Vitamin B2: 0.2mg (12%), Vitamin A: 465.32IU (9.31%), Folate: 36.46µg (9.12%), Zinc: 1.29mg (8.63%), Calcium: 77.59mg (7.76%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.17µg (1.13%)