



Slow Cooker Chicken in Creamy Sun-Dried Tomato Sauce



Gluten Free



Dairy Free



Popular

READY IN



420 min.

SERVINGS



8

CALORIES



759 kcal

SAUCE

Ingredients

- ☐ 14 ounces artichoke hearts drained chopped canned
- ☐ 2 tablespoons capers drained
- ☐ 21.5 ounces cream of chicken soup with herbs soup or campbell's® condensed cream of chicken soup canned
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup oil-cured olives pitted coarsely chopped
- ☐ 6 cups rice long-grain white cooked

- ☐ 2 pounds chicken breast halves boneless skinless
- ☐ 1 cup sun-dried olives jarred drained coarsely chopped

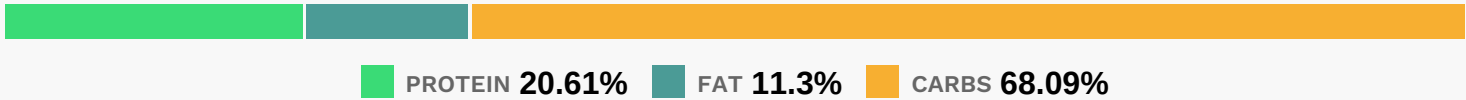
Equipment

- ☐ slow cooker

Directions

- ☐ Stir the soup, wine, olives, capers, garlic, artichokes and tomatoes in a 3 1/2-quart slow cooker.
- ☐ Add the chicken and turn to coat.
- ☐ Cover and cook on LOW for 7 to 8 hours or until the chicken is cooked through.
- ☐ Sprinkle with the basil, if desired.
- ☐ Serve with the rice.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:70.99, Inflammation Score:-6, Nutrition Score:27.462608980096%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 759.25kcal (37.96%), Fat: 9.33g (14.36%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 126.52g (42.17%), Net Carbohydrates: 122.01g (44.37%), Sugar: 6.17g (6.86%), Cholesterol: 78.67mg (26.22%), Sodium: 992.6mg (43.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.57%), Manganese: 1.86mg (93.18%), Selenium: 59.62µg (85.16%), Vitamin B3: 15.63mg (78.16%), Vitamin B6: 1.14mg (56.8%), Phosphorus: 472.62mg (47.26%), Vitamin B5: 3.47mg (34.65%), Copper: 0.65mg (32.46%), Potassium: 1098.1mg (31.37%), Magnesium: 96.17mg (24.04%), Iron: 3.7mg (20.56%), Fiber: 4.5g (18.01%), Zinc: 2.69mg (17.96%), Vitamin B1: 0.26mg (17.03%), Vitamin B2: 0.29mg (16.98%), Vitamin K: 16.19µg (15.42%), Vitamin C: 7.42mg (8.99%), Vitamin A: 391.39IU (7.83%), Calcium: 77.32mg (7.73%), Folate: 28.14µg (7.03%), Vitamin E: 0.97mg (6.48%), Vitamin B12: 0.23µg (3.78%)