



WHATSheATE



Slow-Cooker Hunter's Stew with Chicken

READY IN



435 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 chicken breast halves boneless skinless cut into 2x1-inch pieces
- ☐ 1 medium bell pepper green cut into 1-inch pieces
- ☐ 1 medium onion thinly sliced
- ☐ 15 oz garbanzo beans drained canned
- ☐ 14 oz pasta sauce ()
- ☐ 8 oz mushroom stems and pieces drained canned

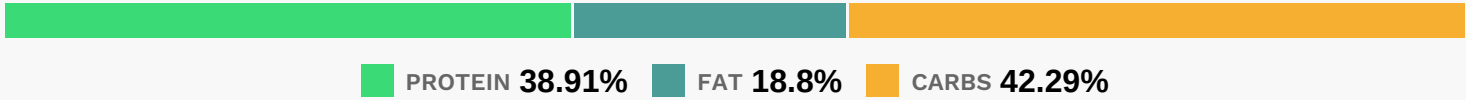
Equipment

- ☐ slow cooker

Directions

- ☐ In 3 1/2 or 4-quart slow cooker, combine all ingredients; mix well.
- ☐ Cover; cook on Low setting for 6 to 7 hours.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:6.25, Inflammation Score:-7, Nutrition Score:21.860000478185%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 262.68kcal (13.13%), Fat: 5.56g (8.55%), Saturated Fat: 1g (6.22%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 20.54g (7.47%), Sugar: 6.33g (7.03%), Cholesterol: 56.51mg (18.84%), Sodium: 1053.84mg (45.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.77%), Vitamin B6: 1.33mg (66.73%), Manganese: 1.06mg (53.01%), Vitamin B3: 10.14mg (50.68%), Selenium: 29.98µg (42.83%), Vitamin C: 34.02mg (41.24%), Potassium: 1210.21mg (34.58%), Fiber: 7.59g (30.37%), Phosphorus: 303.74mg (30.37%), Vitamin B5: 1.9mg (18.95%), Magnesium: 71.35mg (17.84%), Copper: 0.33mg (16.5%), Iron: 2.73mg (15.18%), Folate: 47.1µg (11.77%), Vitamin A: 581.63IU (11.63%), Vitamin E: 1.71mg (11.37%), Calcium: 110.56mg (11.06%), Vitamin B2: 0.18mg (10.64%), Zinc: 1.53mg (10.19%), Vitamin B1: 0.14mg (9.45%), Vitamin K: 5.26µg (5.01%), Vitamin B12: 0.17µg (2.82%)