



Slow-Cooker Italian Chicken and Noodles

 Dairy Free

READY IN



555 min.

SERVINGS



4

CALORIES



898 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz olives whole black sliced canned (or and your choice on amount, or not to use at all)
- 3 chicken breasts
- 12 oz 1 bottle (12 oz.) kraft lite zesty italian dressing italian kraft
- 1 optional: lemon sliced
- 16 oz soup noodles
- 8 oz roasted peppers red sliced ()

Equipment

- bowl

slow cooker

Directions

PLACE the chicken breasts in the slow cooker.

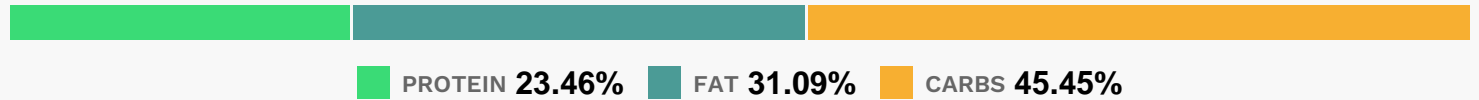
POUR the KRAFT Lite Zesty Italian Dressing onto the chicken and add slices of lemon on top and cook on low for 8–9 hours.

COOK the pasta per the directions on the box.

MIX the pasta and chicken once they are both done in a big bowl.

ADD in the sliced black olives and roasted red peppers.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:34.49, Inflammation Score:-8, Nutrition Score:33.713913269665%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 897.75kcal (44.89%), Fat: 30.8g (47.39%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 101.33g (33.78%), Net Carbohydrates: 94.86g (34.49%), Sugar: 13.12g (14.58%), Cholesterol: 108.48mg (36.16%), Sodium: 2488.08mg (108.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.31g (104.62%), Selenium: 128.27µg (183.24%), Vitamin B3: 20.16mg (100.79%), Vitamin B6: 1.62mg (81.04%), Phosphorus: 600.39mg (60.04%), Manganese: 1.19mg (59.52%), Vitamin C: 43.05mg (52.18%), Vitamin K: 48.67µg (46.36%), Potassium: 1089.37mg (31.12%), Magnesium: 121.5mg (30.37%), Vitamin B5: 2.99mg (29.87%), Vitamin E: 3.97mg (26.47%), Copper: 0.52mg (26.22%), Fiber: 6.47g (25.87%), Zinc: 2.78mg (18.51%), Iron: 3.15mg (17.48%), Vitamin B1: 0.26mg (17.43%), Vitamin B2: 0.26mg (15.47%), Vitamin A: 549.36IU (10.99%), Folate: 40.51µg (10.13%), Calcium: 95.72mg (9.57%), Vitamin B12: 0.34µg (5.65%), Vitamin D: 0.17µg (1.13%)