



Slow-Cooker Italian Chicken Stew



Gluten Free



Dairy Free

READY IN



620 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves boneless skinless cut into 1 1/2-inch pieces
- ☐ 19 oz cannellini beans rinsed drained canned
- ☐ 15.5 kidney beans rinsed drained canned ()
- ☐ 14.5 oz canned tomatoes diced undrained canned
- ☐ 1 cup celery chopped
- ☐ 1 cup carrots sliced (2 medium)
- ☐ 2 small garlic clove coarsely chopped
- ☐ 1 cup water

- ☐ 0.5 cup wine dry red
- ☐ 3 tablespoons tomato paste
- ☐ 1 tablespoon sugar
- ☐ 1.5 teaspoons seasoning dried italian

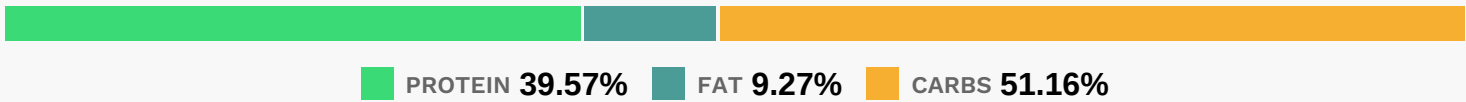
Equipment

- ☐ bowl
- ☐ pot
- ☐ slow cooker

Directions

- ☐ In 3 1/2 to 4-quart Crock-Pot® slow cooker, combine chicken, cannellini beans, kidney beans, tomatoes, celery, carrots and garlic; mix well.
- ☐ In medium bowl, combine all remaining ingredients; mix well.
- ☐ Pour over chicken and vegetables; mix well.
- ☐ Cover; cook on low setting for 8 to 10 hours or on high setting for 5 to 6 hours or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:82.3, Glycemic Load:13.31, Inflammation Score:-10, Nutrition Score:34.014782594598%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 387.31kcal (19.37%), Fat: 3.85g (5.92%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 36.94g (13.43%), Sugar: 11.28g (12.53%), Cholesterol: 72.32mg (24.11%), Sodium: 414.05mg (18%), Alcohol: 3.15g (100%), Alcohol %: 0.77% (100%), Protein: 36.96g (73.92%), Vitamin A: 5910.03IU (118.2%), Vitamin B3: 14.03mg (70.13%), Vitamin B6: 1.22mg (61.07%), Selenium: 40.01µg (57.16%), Manganese: 1.09mg (54.38%), Potassium: 1651.44mg (47.18%), Fiber: 10.85g (43.38%), Phosphorus: 428.85mg (42.89%), Iron: 6.7mg (37.23%), Magnesium: 135mg (33.75%), Folate: 128.88µg (32.22%), Copper: 0.63mg (31.32%), Vitamin K: 27.58µg (26.27%), Vitamin B5: 2.34mg (23.36%), Vitamin E: 3.5mg (23.32%), Vitamin B1: 0.32mg (21.52%), Vitamin C: 16.64mg (20.17%), Calcium: 181.45mg (18.15%), Zinc: 2.71mg (18.08%), Vitamin B2: 0.28mg (16.24%), Vitamin B12: 0.23µg (3.77%)