



Slow-Cooker Pizza Chicken

READY IN



250 min.

SERVINGS



8

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb chicken thighs boneless skinless
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 small onion sliced
- ☐ 2 medium bell pepper cut into strips
- ☐ 2 cups tomato basil sauce organic (from 25.5 oz jar)
- ☐ 16 oz rotini pasta
- ☐ 4 oz mozzarella cheese shredded

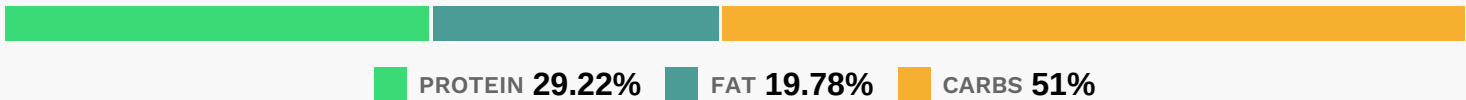
Equipment

☐ slow cooker

Directions

- ☐ Sprinkle chicken with salt and pepper. In 3 1/2- to 4-quart slow cooker, place chicken. Top with onion and bell peppers.
- ☐ Add pasta sauce.
- ☐ Cover; cook on Low heat setting 4 to 6 hours.
- ☐ Cook and drain pasta as directed on package.
- ☐ Place pasta on platter. Top with chicken and sauce.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:17.67, Inflammation Score:-8, Nutrition Score:19.085651931555%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 387.98kcal (19.4%), Fat: 8.37g (12.88%), Saturated Fat: 3.04g (19%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 44.95g (16.34%), Sugar: 5.53g (6.15%), Cholesterol: 91.99mg (30.66%), Sodium: 432.37mg (18.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.63%), Selenium: 57.54µg (82.2%), Vitamin C: 40.23mg (48.76%), Phosphorus: 326.75mg (32.68%), Vitamin B3: 6.03mg (30.15%), Manganese: 0.59mg (29.54%), Vitamin B6: 0.56mg (28.07%), Vitamin A: 1235.72IU (24.71%), Zinc: 2.6mg (17.31%), Potassium: 521.99mg (14.91%), Vitamin B2: 0.25mg (14.85%), Vitamin B12: 0.87µg (14.46%), Fiber: 3.6g (14.41%), Magnesium: 57mg (14.25%), Vitamin B5: 1.39mg (13.91%), Copper: 0.22mg (11.12%), Calcium: 105.61mg (10.56%), Vitamin B1: 0.15mg (10.13%), Iron: 1.81mg (10.08%), Folate: 29.96µg (7.49%), Vitamin E: 0.71mg (4.77%), Vitamin K: 4.44µg (4.23%)