



WHATSheATE



Slow-Cooker Pizza Chicken

READY IN



250 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium bell pepper cut into strips
- ☐ 1 small onion sliced
- ☐ 2 cups pasta sauce (from 26 oz jar)
- ☐ 0.3 teaspoon pepper
- ☐ 16 oz rotini pasta
- ☐ 0.5 teaspoon salt
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1.5 lb chicken thighs boneless skinless

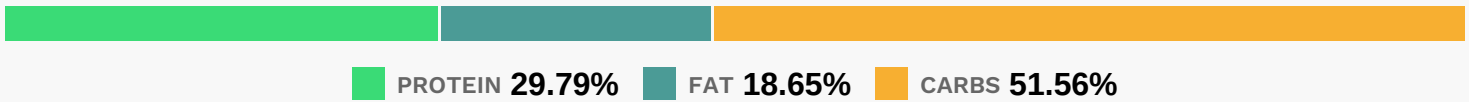
Equipment

☐ 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:25.63, Glycemic Load:18.72, Inflammation Score:-8, Nutrition Score:20.886087122171%

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: 380.18kcal (19.01%), Fat: 7.8g (12.01%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 45.03g (16.37%), Sugar: 5.46g (6.07%), Cholesterol: 91.99mg (30.66%), Sodium: 605.19mg (26.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.1%), Selenium: 57.91µg (82.73%), Vitamin C: 43.01mg (52.14%), Phosphorus: 343.29mg (34.33%), Vitamin B3: 6.64mg (33.19%), Manganese: 0.66mg (32.81%), Vitamin B6: 0.62mg (31.08%), Vitamin A: 1313.43IU (26.27%), Zinc: 2.73mg (18.21%), Potassium: 603.9mg (17.25%), Vitamin B2: 0.29mg (17.19%), Magnesium: 66.19mg (16.55%), Vitamin B5: 1.58mg (15.8%), Copper: 0.29mg (14.64%), Vitamin B12: 0.87µg (14.46%), Fiber: 3.52g (14.09%), Iron: 2.22mg (12.34%), Vitamin B1: 0.17mg (11.11%), Vitamin E: 1.6mg (10.65%), Calcium: 104.18mg (10.42%), Folate: 35.47µg (8.87%), Vitamin K: 6.16µg (5.87%)