



Slow-Cooker Spicy Chicken and Sausage Soup

 **Gluten Free**  **Dairy Free**

READY IN



515 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper frozen thawed (from 1-lb bag)
- 14.5 oz tomatoes diced undrained canned
- 1.8 cups chicken broth (from 32-oz carton)
- 0.5 cup rice white instant uncooked
- 0.5 lb kielbasa cooked sliced
- 0.5 teaspoon hot sauce red
- 20 oz chicken thighs boneless skinless cubed

1 cup water

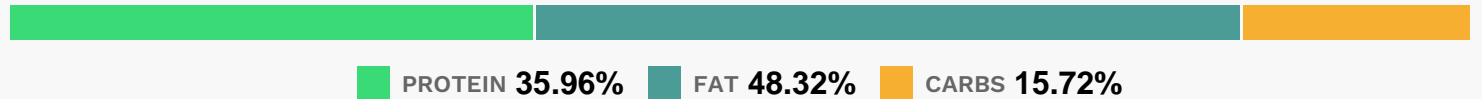
Equipment

slow cooker

Directions

- In 3- to 3 1/2-quart slow cooker, mix chicken, tomatoes, broth, water and red pepper sauce.
- Cover; cook on Low heat setting 8 to 10 hours.
- Stir in kielbasa, stir-fry vegetables and rice. Increase heat setting to High. Cover; cook 10 to 15 minutes until rice is tender.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:17.033478218576%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 285.17kcal (14.26%), Fat: 15.12g (23.26%), Saturated Fat: 4.93g (30.78%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 9.72g (3.53%), Sugar: 2.98g (3.31%), Cholesterol: 117.6mg (39.2%), Sodium: 779.98mg (33.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.62%), Vitamin C: 38.79mg (47.01%), Selenium: 31.08µg (44.4%), Vitamin B3: 7.96mg (39.82%), Vitamin B6: 0.65mg (32.5%), Vitamin B1: 0.4mg (26.66%), Phosphorus: 258.83mg (25.88%), Vitamin B2: 0.32mg (19.1%), Vitamin A: 882.28IU (17.65%), Zinc: 2.48mg (16.52%), Vitamin B12: 0.99µg (16.48%), Vitamin B5: 1.5mg (15.01%), Potassium: 517.06mg (14.77%), Iron: 2.57mg (14.29%), Manganese: 0.22mg (10.82%), Folate: 41.17µg (10.29%), Magnesium: 39.64mg (9.91%), Copper: 0.17mg (8.39%), Vitamin E: 1.06mg (7.06%), Vitamin K: 5.96µg (5.68%), Fiber: 1.34g (5.38%), Calcium: 41.55mg (4.15%)