



Slow Cooker Tomato Chicken



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



5

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes diced with basil canned
- ☐ 1 tablespoon mustard dry
- ☐ 2 tablespoons garlic minced
- ☐ 10 ounce peas frozen
- ☐ 30 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons soya sauce

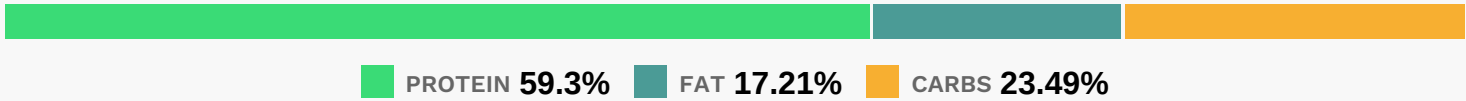
Equipment

- ☐ slow cooker

Directions

- ☐ Place the chicken breasts in a slow cooker. Stir together the tomatoes, garlic, soy sauce, and dry mustard; pour over the chicken breasts.
- ☐ Cook on Low 7 hours; stir in peas and cook 1 hour more.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:4.39, Inflammation Score:-7, Nutrition Score:27.879130275353%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 285.07kcal (14.25%), Fat: 5.42g (8.33%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 11.38g (4.14%), Sugar: 7.46g (8.28%), Cholesterol: 108.86mg (36.29%), Sodium: 722.81mg (31.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42g (84%), Vitamin B3: 20.41mg (102.04%), Selenium: 59.42µg (84.89%), Vitamin B6: 1.57mg (78.28%), Phosphorus: 473.32mg (47.33%), Vitamin C: 34.16mg (41.41%), Potassium: 1071.94mg (30.63%), Vitamin B5: 2.79mg (27.93%), Manganese: 0.55mg (27.38%), Vitamin B1: 0.35mg (23.31%), Magnesium: 89.94mg (22.48%), Fiber: 5.25g (21%), Vitamin K: 19.34µg (18.42%), Vitamin B2: 0.31mg (18.25%), Copper: 0.34mg (17%), Iron: 3mg (16.65%), Folate: 59.11µg (14.78%), Zinc: 2.09mg (13.92%), Vitamin A: 680.54IU (13.61%), Vitamin E: 1.6mg (10.7%), Calcium: 64.48mg (6.45%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)