



## Swanson® Slow-Cooker Chicken Cacciatore

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 29 ounces tomatoes diced italian-style canned
- ☐ 1.5 cups chicken stock see swanson®
- ☐ 10 cups pasta like spaghetti hot cooked
- ☐ 0.3 cup cornstarch
- ☐ 2 teaspoons garlic powder
- ☐ 4 cups mushrooms cut in half 12 ounces
- ☐ 2 cups onions chopped
- ☐ 3 pounds chicken parts skinless

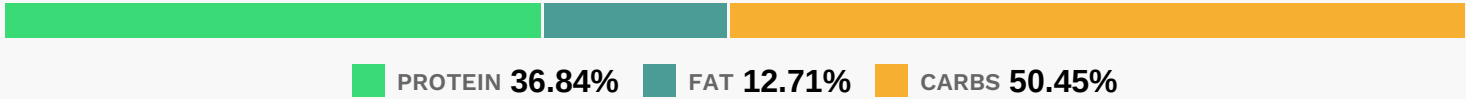
# Equipment

- ☐ bowl
- ☐ slow cooker

# Directions

- ☐ Stir 1 cup stock, garlic powder, tomatoes, mushrooms and onions in a 5- to 6-quart slow cooker.
- ☐ Add the chicken and turn to coat.Cover and cook on LOW for 7 to 8 hours\* or until the chicken is cooked through.
- ☐ Remove the chicken from the cooker and keep warm.Stir the cornstarch and remaining stock in a small bowl until the mixture is smooth. Stir the cornstarch mixture in the cooker. Cover and cook on HIGH for 10 minutes or until the mixture boils and thickens.
- ☐ Serve with a tomato and cucumber salad with fresh basil and Italian vinaigrette. For dessert serve almond biscotti.

# Nutrition Facts



# Properties

Glycemic Index:18.75, Glycemic Load:34.48, Inflammation Score:-7, Nutrition Score:34.719130184339%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

# Nutrients (% of daily need)

Calories: 742.49kcal (37.12%), Fat: 10.33g (15.9%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 92.27g (30.76%), Net Carbohydrates: 85.01g (30.91%), Sugar: 9.07g (10.08%), Cholesterol: 160.56mg (53.52%), Sodium: 465.12mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.37g (134.74%), Selenium: 105.27µg (150.39%), Vitamin B3: 23.92mg (119.61%), Vitamin B6: 1.43mg (71.27%), Phosphorus: 645.27mg (64.53%), Manganese: 1.01mg (50.57%), Vitamin B2: 0.77mg (45.19%), Iron: 6.97mg (38.74%), Vitamin B5: 3.85mg (38.54%), Zinc: 5.42mg (36.1%),

Copper: 0.71mg (35.64%), Potassium: 1236.11mg (35.32%), Magnesium: 128.19mg (32.05%), Fiber: 7.25g (29.02%),  
Vitamin C: 23.38mg (28.34%), Vitamin B1: 0.38mg (25.04%), Folate: 67.65µg (16.91%), Vitamin B12: 0.86µg (14.41%),  
Vitamin E: 1.59mg (10.6%), Calcium: 102.91mg (10.29%), Vitamin K: 8.39µg (7.99%), Vitamin A: 281.12IU (5.62%),  
Vitamin D: 0.35µg (2.37%)