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Crockpot Italian Chicken ♦

Crockpot Italian Chicken is a delicious and easy-to-make dish that is perfect for busy weeknights. This recipe combines tender chicken breasts with flavorful Italian seasonings and a tangy tomato sauce. The chicken cooks slowly in the crockpot, allowing the flavors to meld together and creating a mouthwatering dish that the whole family will love. Serve the Crockpot Italian Chicken over pasta or with a side of crusty bread for a complete meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|---------------|-------------------|
| 1000 g | Chicken Breasts |
| 2 tsp | italian seasoning |
| 1 tsp | garlic powder |

| | |
|---------------------|-------------------|
| 1 tsp | onion powder |
| 1 tsp | salt |
| 0.5 tsp | black pepper |
| 2 c | crushed tomatoes |
| 2 tbsp | tomato paste |
| 1 tsp | dried basil |
| 1 tsp | dried oregano |
| 0.5 tsp | dried thyme |
| 0.5 tsp | dried rosemary |
| 0.25 tsp | red pepper flakes |
| 1 tsp | sugar |
| 2 tbsp | fresh parsley |

Directions

Step 1

In a small bowl, combine the Italian seasoning, garlic powder, onion powder, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rub the chicken breasts with the spice mixture, making sure to coat them evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

In a slow cooker, combine the crushed tomatoes, tomato paste, dried basil, dried oregano, dried thyme, dried rosemary, red pepper flakes, and sugar. Stir well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Slow cooker

Place the seasoned chicken breasts on top of the tomato mixture in the slow cooker.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Slow cooker

Cover the slow cooker and cook on low heat for 4 hours, or until the chicken is cooked through and tender.

Prep Time: 0 mins

Cook Time: 127 mins

Step 6

Remove the chicken from the slow cooker and shred it using two forks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Return the shredded chicken to the slow cooker and stir well to combine with the tomato sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serve the Crockpot Italian Chicken over pasta or with a side of crusty bread. Garnish with fresh parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 4 g

Protein: 36 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 36 g | 211.76% | 211.76% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g | 18.18% | 20% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 6 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 2 g | N/A | N/A |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 4 g | 14.29% | 16% |
| Cholesterol | 90 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 25 mg | 1923.08% | 1923.08% |
| Vitamin B12 | 20 mcg | 833.33% | 833.33% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 6 mg | 0.6% | 0.6% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 550 mg | 16.18% | 21.15% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 40 mcg | 72.73% | 72.73% |

Recipe Attributes

Cuisines

Italian

Meal Type

Breakfast

Lunch

Snack

Brunch

Dinner

Supper

Kitchen Tools

Slow Cooker

Course

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

St. Patrick's Day

Christmas

Easter

Halloween

Cost

\$10 to \$20

\$30 to \$40

\$40 to \$50

Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet | Atkins Diet | Vegetarian Diet | Pescatarian Diet

Ovo-Vegetarian Diet | Lacto-Vegetarian Diet | Lacto-Ovo Vegetarian Diet

Fruitarian Diet | Low Sodium Diet | The Fast Metabolism Diet

The Gerson Therapy | The Scarsdale Diet | The Beverly Hills Diet

The Hollywood Diet | The Lemonade Diet | The Sleeping Beauty Diet

The French Women Don't Get Fat Diet | The Israeli Army Diet | The Air Diet

The Breatharian Diet | The Five-Bite Diet | The Negative Calorie Diet

The Master Cleanse Diet | The Best Life Diet

The CICO (Calories In, Calories Out) Diet | The Eat-Clean Diet

The Bulletproof Diet | The Dukan Diet | The Optavia Diet | The Pritikin Diet

The Starch Solution Diet | The Vertical Diet | The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD) | The Anti-Candida Diet | The Dr. Sebi Diet

The Crohn's Disease Diet | The Ulcerative Colitis Diet | The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet | The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet | The Low Oxalate Diet | The Diabetes Diet

The Hypothyroidism Diet | The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) | The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet | The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet | The Osteoporosis Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet | The Low Purine Diet

The Low-Fat Diet | The High-Protein Diet | The Low-Protein Diet

The High-Calcium Diet | The High-Potassium Diet | The Low-Potassium Diet

The High-Iron Diet | The Low-Iron Diet | The Low-Phosphorus Diet

The High-Vitamin D Diet The High-Vitamin C Diet The High-Vitamin K Diet
The Low-Vitamin K Diet The Low-Copper Diet The Summer Weight Loss Diet
The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet
The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet
The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet
The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Baking

Cutting

Cooking

None

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Difficulty Level

Medium

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