



# Balsamic Pear, Chicken, and Asparagus

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

READY IN



**260 min.**

SERVINGS



**4**

CALORIES



**290 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons apple juice
- 1 pound asparagus fresh trimmed
- 2 tablespoons balsamic vinegar
- 2 purée of usa bartlett pear cored ripe sliced
- 2 tablespoons t brown sugar dark
- 1 teaspoon rosemary dried
- 1 tablespoon ginger fresh grated
- 4 cloves garlic minced

- 4 servings pepper black to taste
- 1 onion sliced thin
- 4 chicken breast halves boneless skinless cut into strips
- 1 tablespoon vegetable oil

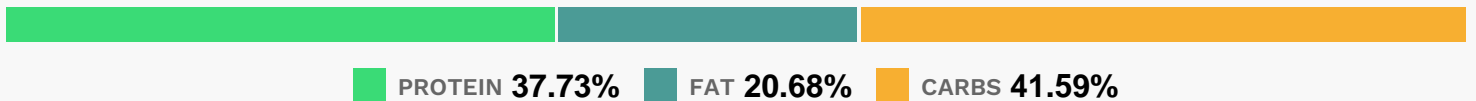
## Equipment

- bowl
- frying pan
- slow cooker

## Directions

- Heat the oil in a skillet over medium heat. Cook the chicken in the hot oil until completely browned, 3 to 5 minutes; transfer to a slow cooker.
- Add the onion to the chicken; season with salt and pepper.
- Place the pears and asparagus atop the chicken mixture.
- Mix the garlic, balsamic vinegar, apple juice, rosemary, ginger, and sugar together in a bowl; pour over the asparagus. Season again with salt and pepper.
- Cook on Low for 4 to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:84.44, Glycemic Load:7.09, Inflammation Score:-8, Nutrition Score:22.594782767089%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 21.55mg, Quercetin: 21.55mg, Quercetin: 21.55mg, Quercetin: 21.55mg

## Nutrients (% of daily need)

Calories: 289.84kcal (14.49%), Fat: 6.68g (10.28%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 24.47g (8.9%), Sugar: 20.08g (22.31%), Cholesterol: 72.32mg (24.11%), Sodium: 140.08mg (6.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.85%), Vitamin B3: 13.12mg (65.62%), Selenium: 39.52µg (56.46%), Vitamin K: 57.36µg (54.63%), Vitamin B6: 1.05mg (52.55%), Phosphorus: 321.94mg (32.19%), Potassium: 826.37mg (23.61%), Fiber: 5.76g (23.06%), Vitamin B5: 2.03mg (20.28%), Folate: 74.49µg (18.62%), Vitamin A: 918.37IU (18.37%), Vitamin B2: 0.31mg (18.21%), Iron: 3.26mg (18.14%), Vitamin C: 14.8mg (17.94%), Vitamin B1: 0.27mg (17.79%), Manganese: 0.35mg (17.73%), Copper: 0.35mg (17.28%), Magnesium: 57.14mg (14.28%), Vitamin E: 1.9mg (12.64%), Zinc: 1.44mg (9.59%), Calcium: 61.71mg (6.17%), Vitamin B12: 0.23µg (3.77%)