



Chicken and Carrots with Wine Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces carrots diagonally sliced
- ☐ 2 pounds chicken thighs
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 12 garlic cloves peeled
- ☐ 0.5 teaspoon salt

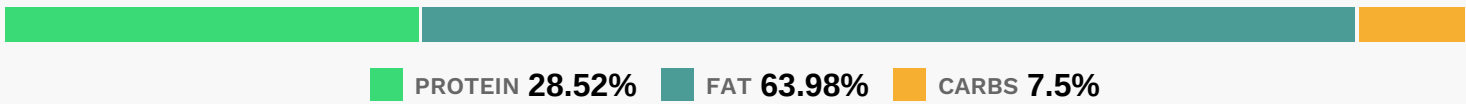
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Combine carrot, chicken, and garlic in an electric slow cooker, and add wine.
- ☐ Sprinkle with thyme, salt, and black pepper. Cover with lid; cook on low-heat setting for 8 hours.
- ☐ Remove carrot, chicken, and garlic with a slotted spoon, reserving cooking liquid.
- ☐ Place 1/3 cup carrot, 3 garlic cloves, and 2 chicken thighs in each of 4 shallow bowls. Spoon 2 tablespoons of reserved cooking liquid over each serving.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:2.77, Inflammation Score:-10, Nutrition Score:23.27695673445%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 558.94kcal (27.95%), Fat: 37.87g (58.27%), Saturated Fat: 10.19g (63.69%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 8.1g (2.94%), Sugar: 3.07g (3.41%), Cholesterol: 222.26mg (74.09%), Sodium: 507.63mg (22.07%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 37.99g (75.98%), Vitamin A: 9660.04IU (193.2%), Selenium: 43.79µg (62.56%), Vitamin B3: 11.2mg (55.99%), Vitamin B6: 0.98mg (49.22%), Phosphorus: 398.05mg (39.81%), Vitamin B5: 2.53mg (25.28%), Vitamin B12: 1.45µg (24.19%), Zinc: 3.13mg (20.86%), Vitamin B2: 0.35mg (20.46%), Potassium: 707.52mg (20.21%), Manganese: 0.34mg (16.97%), Vitamin K: 17.01µg (16.2%), Vitamin B1: 0.23mg (15.08%), Magnesium: 55.92mg (13.98%), Iron: 2.25mg (12.48%), Copper: 0.17mg (8.67%), Vitamin C: 6.28mg (7.61%), Fiber: 1.9g (7.6%), Calcium: 61.3mg (6.13%), Vitamin E: 0.88mg (5.85%), Folate: 18.85µg (4.71%),

Vitamin D: 0.23µg (1.51%)