



Chicken Merlot with Mushrooms

READY IN



315 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound mushrooms fresh sliced
- 1 large onion chopped
- 2 garlic clove minced
- 3 pounds chicken thighs boneless skinless
- 6 ounces canned tomatoes canned
- 0.8 cup chicken broth
- 0.3 cup chicken broth
- 2 tablespoons cooking tapioca
- 2 teaspoons sugar

- 1.5 teaspoons basil dried
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons parmesan cheese grated
- 1 serving noodles hot cooked

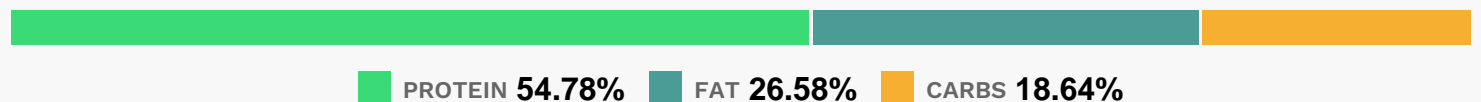
Equipment

- bowl
- slow cooker

Directions

- Place the mushrooms, onion and garlic in a 5-qt. slow cooker. Top with chicken.
- In a small bowl, combine the tomato paste, broth, wine, tapioca, sugar, basil, salt and pepper.
- Pour over chicken. Cover and cook on low for 5-6 hours or until chicken is tender.
- Sprinkle with cheese.
- Serve with pasta if desired.

Nutrition Facts



Properties

Glycemic Index:34.7, Glycemic Load:3.4, Inflammation Score:-3, Nutrition Score:18.435652105705%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 265.85kcal (13.29%), Fat: 7.74g (11.91%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 10.78g (3.92%), Sugar: 3.77g (4.19%), Cholesterol: 163.27mg (54.42%), Sodium: 458.93mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.9g (71.8%), Selenium: 46.1µg (65.86%), Vitamin B3: 11.44mg (57.2%), Vitamin B6: 0.87mg (43.69%), Phosphorus: 383.92mg (38.39%), Vitamin B2: 0.52mg (30.31%), Vitamin B5:

2.79mg (27.85%), Zinc: 3.05mg (20.32%), Potassium: 662.72mg (18.93%), Vitamin B12: 1.13µg (18.81%), Copper: 0.3mg (14.97%), Vitamin B1: 0.22mg (14.83%), Magnesium: 53.35mg (13.34%), Iron: 2.24mg (12.45%), Manganese: 0.2mg (9.92%), Vitamin K: 9.49µg (9.03%), Fiber: 1.44g (5.77%), Folate: 21.79µg (5.45%), Vitamin C: 4.47mg (5.42%), Calcium: 47.03mg (4.7%), Vitamin E: 0.63mg (4.17%), Vitamin A: 100.12IU (2%)