



 **22%**
HEALTH SCORE

Chicken Thighs with Olives and Tomato Sauce

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

READY IN



45 min.

SERVINGS



6

CALORIES



1401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 28 ounce canned tomatoes diced drained canned
- 4 pounds strips.
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- 2 teaspoons pepper red crushed
- 0.3 cup wine dry white
- 2 tablespoons parsley fresh chopped
- 1.5 tablespoons garlic minced

- 0.3 cup kalamata olives pitted sliced
- 1 teaspoon kosher salt divided
- 1 teaspoon olive oil
- 3 tablespoons tomato paste

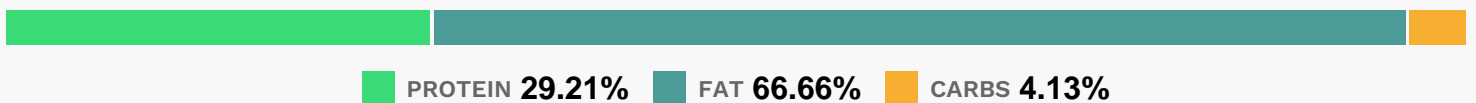
Equipment

- frying pan
- slow cooker

Directions

- Sprinkle chicken with 1/2 teaspoon salt and 1/8 teaspoon black pepper.
- Heat oil in a large skillet over medium-high heat.
- Add chicken to pan; cook 2 minutes on each side or until browned.
- Place chicken in an electric slow cooker.
- Add garlic to pan, and saut 30 seconds, stirring constantly.
- Add wine, scraping pan to loosen browned bits; cook 30 seconds.
- Place wine mixture in cooker.
- Add tomato paste, crushed red pepper, and tomatoes to cooker. Cover and cook on HIGH 4 hours. Stir in remaining 1/2 teaspoon salt, remaining 1/8 teaspoon pepper, olives, and parsley.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:3.49, Inflammation Score:-7, Nutrition Score:43.345217227936%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.87mg, Apigenin:

2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1401.18kcal (70.06%), Fat: 102.51g (157.71%), Saturated Fat: 27.37g (171.07%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 10.91g (3.97%), Sugar: 7g (7.78%), Cholesterol: 592.69mg (197.56%), Sodium: 1191.4mg (51.8%), Alcohol: 1.03g (100%), Alcohol %: 0.17% (100%), Protein: 101.06g (202.13%), Selenium: 114.8µg (164%), Vitamin B3: 30.08mg (150.42%), Vitamin B6: 2.34mg (116.86%), Phosphorus: 1012.53mg (101.25%), Vitamin B5: 6.55mg (65.54%), Vitamin B12: 3.87µg (64.51%), Zinc: 8.05mg (53.67%), Vitamin B2: 0.89mg (52.42%), Potassium: 1747.64mg (49.93%), Vitamin K: 43.89µg (41.8%), Vitamin B1: 0.56mg (37.34%), Magnesium: 148.66mg (37.17%), Iron: 6.31mg (35.07%), Copper: 0.6mg (30.15%), Vitamin E: 3.84mg (25.63%), Vitamin A: 1210.91IU (24.22%), Manganese: 0.43mg (21.66%), Vitamin C: 16.33mg (19.79%), Fiber: 3.37g (13.47%), Calcium: 108.35mg (10.83%), Folate: 38.86µg (9.71%), Vitamin D: 0.6µg (4.03%)