



# Chicken Thighs with Olives and Tomato Sauce

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

READY IN



45 min.

SERVINGS



6

CALORIES



739 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 chicken thighs
- 2 teaspoons pepper red crushed
- 0.3 cup cooking wine dry white
- 2 tablespoons flat-leaf 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

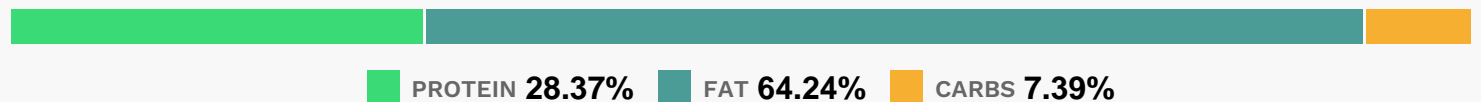
## Equipment

- 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:29.43956505734%

## 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 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: 738.94kcal (36.95%), Fat: 52.28g (80.43%), Saturated Fat: 13.83g (86.43%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 10.15g (3.69%), Sugar: 7g (7.78%), Cholesterol: 296.35mg (98.78%), Sodium: 958.56mg (41.68%), Alcohol: 1.03g (100%), Alcohol %: 0.28% (100%), Protein: 51.95g (103.91%), Selenium: 58.25µg (83.22%), Vitamin B3: 16.04mg (80.2%), Vitamin B6: 1.3mg (64.99%), Phosphorus: 534.75mg (53.47%), Vitamin K: 37.54µg (35.75%), Vitamin B5: 3.48mg (34.82%), Vitamin B12: 1.94µg (32.26%), Potassium: 1127.73mg (32.22%), Vitamin B2: 0.49mg (28.94%), Zinc: 4.27mg (28.47%), Iron: 4.29mg (23.81%), Magnesium: 91.21mg (22.8%), Copper: 0.45mg (22.44%), Vitamin B1: 0.34mg (22.43%), Vitamin E: 3.21mg (21.4%), Vitamin C: 16.33mg (19.79%), Vitamin A: 975.04IU (19.5%), Manganese: 0.38mg (19.24%), Fiber: 3.37g (13.47%), Calcium: 84.15mg (8.42%), Folate: 29.79µg (7.45%), Vitamin D: 0.3µg (2.02%)