






 **44%**
HEALTH SCORE

Easy Slow Cooker Artichoke Garlic Chicken

 Dairy Free

READY IN

45 min.

SERVINGS

2

CALORIES

718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper diced red
- 1 onion cut into wedges
- 6 garlic clove peeled smashed
- 1 tsp rosemary leaves fresh minced
- 1 tsp cooking tapioca quick
- 0.5 tsp lemon zest
- 0.3 Cup fat-skimmed beef broth fat-free low sodium
- 1.5 Lbs chicken thighs boneless skinless (I used 4-and had no left overs)

- 14 oz artichoke hearts drained
- 1 tsp juice of lemon fresh
- 2 servings salt and pepper to taste
- 2 servings rigatoni

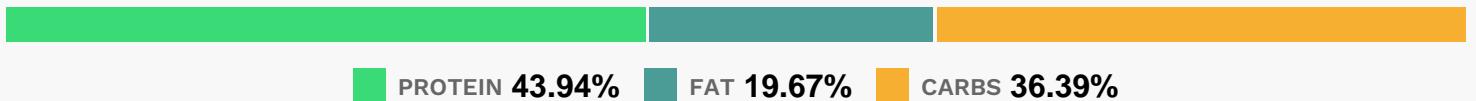
Equipment

- slow cooker

Directions

- Chop, mince and dice all veggies & spices.
- Combine bell pepper, onion, garlic, tapioca, rosemary, lemon zest, artichokes, chicken thighs, salt and pepper in crockpot.
- Pour broth and lemon juice over mixture.
- Cover and cook on low for 5 hours- You really dont need to check on this but every once and a while maybe give it a little stir.
- Once chicken is cooked through, cook pasta.
- Serve over pasta top with fresh shaved parmesan
- ENJOY!!!

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:19.53, Inflammation Score:-9, Nutrition Score:40.945217391304%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.47mg, Quercetin:

11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg

Taste

Sweetness: 15.47%, Saltiness: 100%, Sourness: 17.13%, Bitterness: 19.95%, Savoriness: 74.65%, Fattiness: 56.77%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 718.31kcal (35.92%), Fat: 15.18g (23.36%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 55.85g (20.31%), Sugar: 8.07g (8.97%), Cholesterol: 323.18mg (107.73%), Sodium: 1354.96mg (58.91%), Protein: 76.3g (152.6%), Selenium: 114.52µg (163.6%), Vitamin B3: 20.83mg (104.13%), Vitamin C: 84.73mg (102.7%), Vitamin B6: 1.95mg (97.56%), Phosphorus: 790.81mg (79.08%), Vitamin B5: 4.68mg (46.75%), Manganese: 0.86mg (43.17%), Vitamin B2: 0.72mg (42.25%), Zinc: 6.32mg (42.13%), Vitamin A: 1957.14IU (39.14%), Vitamin B12: 2.23µg (37.23%), Potassium: 1214.56mg (34.7%), Magnesium: 123.65mg (30.91%), Fiber: 7.33g (29.33%), Vitamin B1: 0.44mg (29%), Iron: 4.04mg (22.47%), Copper: 0.42mg (20.91%), Folate: 63.01µg (15.75%), Vitamin K: 13.21µg (12.58%), Vitamin E: 1.64mg (10.91%), Calcium: 78.67mg (7.87%)