



Fruited Chicken and Barley

 Dairy Free

READY IN



245 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds skinned chicken thighs
- ☐ 8 ounce fruit mixed dried
- ☐ 1 large onion coarsely chopped
- ☐ 1.3 cups pearl barley uncooked
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon caribbean spice rub salt-free
- ☐ 6 cups water

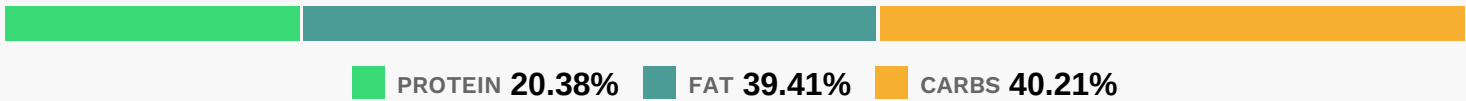
Equipment

☐ slow cooker

Directions

☐ Combine all ingredients in a 4-quart electric slow cooker; stir well. Cover and cook on high setting 4 hours or until chicken is tender. Or, cover and cook on high setting 1 hour; reduce to low setting, and cook 7 hours.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:6.87, Inflammation Score:-5, Nutrition Score:20.80999994278%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 584.17kcal (29.21%), Fat: 26.02g (40.04%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 59.74g (19.91%), Net Carbohydrates: 49.01g (17.82%), Sugar: 19.52g (21.69%), Cholesterol: 148.17mg (49.39%), Sodium: 330.77mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.56%), Selenium: 44.39µg (63.41%), Vitamin B3: 9.22mg (46.12%), Fiber: 10.73g (42.9%), Manganese: 0.86mg (42.84%), Phosphorus: 364.82mg (36.48%), Vitamin B6: 0.71mg (35.3%), Magnesium: 93.85mg (23.46%), Zinc: 3.12mg (20.77%), Copper: 0.42mg (20.75%), Potassium: 725.86mg (20.74%), Vitamin B5: 1.85mg (18.5%), Iron: 3.12mg (17.33%), Vitamin B2: 0.29mg (16.84%), Vitamin B12: 0.97µg (16.13%), Vitamin B1: 0.24mg (15.8%), Vitamin K: 15.59µg (14.85%), Calcium: 105.39mg (10.54%), Folate: 23.21µg (5.8%), Vitamin E: 0.48mg (3.18%), Vitamin A: 149.38IU (2.99%), Vitamin C: 2.38mg (2.89%), Vitamin D: 0.15µg (1.01%)