



Fruited Chicken Ragoût

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple rings dried finely chopped
- ☐ 6 skinned and boned chicken breast halves
- ☐ 2 cups chicken broth
- ☐ 0.5 cup cranberries dried
- ☐ 0.8 cup flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground pepper red

- ☐ 1 medium onion cut into thin wedges
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil divided

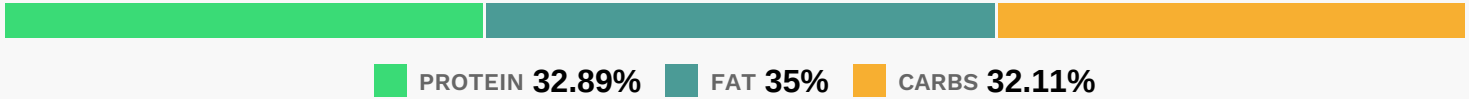
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ slow cooker
- ☐ meat tenderizer

Directions

- ☐ Place chicken breast halves between two sheets of heavy-duty plastic wrap, and flatten to 1/4" thickness, using a meat mallet or rolling pin.
- ☐ Combine flour, salt, and red pepper in a shallow dish; dredge chicken in mixture, shaking off excess.
- ☐ Heat 2 tablespoons oil in a large skillet over medium-high heat until hot; add half of chicken, and brown on both sides.
- ☐ Remove from skillet, and set aside. Repeat procedure with remaining 2 tablespoons oil and chicken.
- ☐ Place half of chicken in bottom of a 3 1/2- or 4-quart electric slow cooker; top with onion, garlic, dried apple, and dried cranberries. Top with remaining chicken.
- ☐ Combine chicken broth and allspice; pour over chicken.
- ☐ Cover and cook on HIGH setting for 2 1/2 to 3 hours. Or cook on HIGH setting for 1 hour; reduce heat and cook on LOW 4 to 4 1/2 hours.
- ☐ Serve with hot cooked rice, if desired.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:9.93, Inflammation Score:-4, Nutrition Score:15.532174079315%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 322.95kcal (16.15%), Fat: 12.53g (19.28%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 24.01g (8.73%), Sugar: 10.69g (11.88%), Cholesterol: 73.89mg (24.63%), Sodium: 811.41mg (35.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.5g (53%), Vitamin B3: 13mg (65.01%), Selenium: 42.15µg (60.22%), Vitamin B6: 0.91mg (45.52%), Phosphorus: 268.6mg (26.86%), Vitamin K: 18.44µg (17.56%), Vitamin B5: 1.75mg (17.52%), Vitamin B1: 0.23mg (15.22%), Vitamin B2: 0.25mg (14.87%), Potassium: 513.25mg (14.66%), Manganese: 0.25mg (12.46%), Magnesium: 37.63mg (9.41%), Folate: 37.47µg (9.37%), Vitamin E: 1.3mg (8.68%), Iron: 1.35mg (7.5%), Fiber: 1.86g (7.45%), Zinc: 0.89mg (5.95%), Vitamin C: 4.32mg (5.24%), Copper: 0.09mg (4.49%), Vitamin B12: 0.24µg (4.03%), Vitamin A: 117.02IU (2.34%), Calcium: 21.26mg (2.13%)