

Greek Slow Cooker Chicken

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

READY IN



260 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound chicken whole skinless
- 1 teaspoon chicken soup base
- 6 cloves garlic divided peeled to taste ()
- 1 optional: lemon cut in half
- 0.3 cup olive oil
- 1 large onion roughly chopped
- 2 teaspoons oregano dried
- 6 potatoes - remove skin red sliced into rounds

- 6 servings salt and pepper to taste
- 0.3 cup water boiling
- 0.3 cup wine

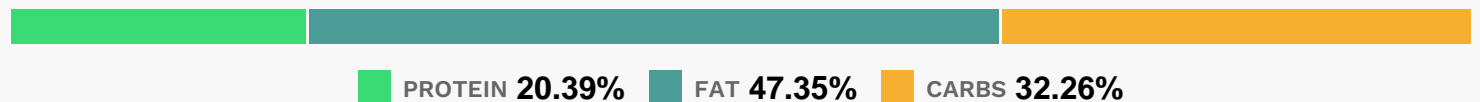
Equipment

- kitchen thermometer
- slow cooker

Directions

- Rinse the chicken, inside and out.
- Place one half of the lemon and 3 garlic cloves in cavity of chicken. Reserve other half of lemon.
- Layer the sliced potatoes and the onions in the crock of a slow cooker.
- Sprinkle remaining 3 garlic cloves around the inside of the cooker; place chicken onto the vegetables.
- Pour in the wine and olive oil. Dissolve bouillon in the boiling water, and add to the cooker.
- Squeeze the juice of remaining lemon half over chicken (strain out seeds); sprinkle with oregano. Season chicken with salt and black pepper.
- Cover, and cook on Low setting for 8–10 hours, or on High setting 4–6 hours. A meat thermometer, inserted into the thickest part of a thigh, not touching a bone, should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:19.179564859556%

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 Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin:

5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 493.26kcal (24.66%), Fat: 25.86g (39.79%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 34.76g (12.64%), Sugar: 4.47g (4.97%), Cholesterol: 81.69mg (27.23%), Sodium: 391.13mg (17.01%), Alcohol: 1.03g (100%), Alcohol %: 0.33% (100%), Protein: 25.06g (50.12%), Vitamin B3: 9.97mg (49.85%), Vitamin B6: 0.84mg (41.85%), Vitamin C: 32.4mg (39.28%), Potassium: 1264.93mg (36.14%), Phosphorus: 308.02mg (30.8%), Selenium: 17.5µg (25%), Manganese: 0.45mg (22.74%), Fiber: 4.9g (19.59%), Magnesium: 76.41mg (19.1%), Copper: 0.37mg (18.47%), Vitamin B1: 0.26mg (17.64%), Iron: 3.07mg (17.08%), Vitamin B5: 1.68mg (16.8%), Vitamin K: 17.56µg (16.73%), Zinc: 2.25mg (14.99%), Folate: 53.48µg (13.37%), Vitamin B2: 0.22mg (12.75%), Vitamin E: 1.8mg (12.01%), Calcium: 61.81mg (6.18%), Vitamin B12: 0.34µg (5.64%), Vitamin A: 183.39IU (3.67%), Vitamin D: 0.22µg (1.45%)