



Italian Chicken Chardonnay

READY IN



320 min.

SERVINGS



6

CALORIES



613 kcal

BEVERAGE

DRINK

Ingredients

- 14 ounces artichoke hearts rinsed drained canned
- 0.5 pound portabello mushrooms quartered
- 0.3 teaspoon ground pepper
- 1.5 cups chardonnay
- 3 pounds chicken breast halves bone-in skinless
- 6 servings noodles hot cooked
- 0.3 cup parsley fresh minced
- 2 tablespoons thyme dried fresh minced
- 3 garlic clove minced

- 1 medium onion chopped
- 2 teaspoons paprika
- 1 teaspoon pepper
- 1 medium bell pepper sweet red chopped
- 6 servings pecorino cheese shredded
- 1 teaspoon salt
- 6 ounces canned tomatoes canned

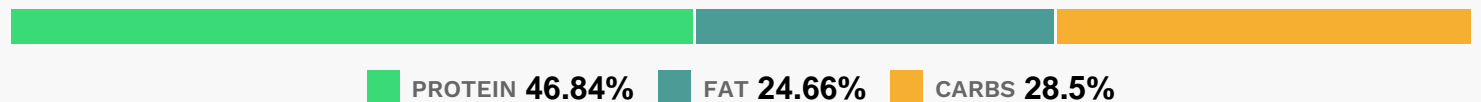
Equipment

- bowl
- slow cooker

Directions

- Combine the paprika, salt, pepper and cayenne; sprinkle over chicken.
- Place the chicken, mushrooms, red pepper, onion and artichokes in a 5-qt. slow cooker. In a small bowl, combine the chardonnay, tomato paste, garlic and thyme; pour over vegetables.
- Cover and cook on low for 5-6 hours or until chicken is tender. Stir in parsley.
- Serve with pasta; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:13.91, Inflammation Score:-10, Nutrition Score:38.013912843621%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 613.45kcal (30.67%), Fat: 15.27g (23.5%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 34.45g (12.53%), Sugar: 5.71g (6.35%), Cholesterol: 176.35mg (58.78%), Sodium: 1303.99mg (56.7%), Alcohol: 6.31g (100%), Alcohol %: 1.38% (100%), Protein: 65.26g (130.52%), Selenium: 107.08µg (152.97%), Vitamin B3: 26.53mg (132.65%), Vitamin B6: 2.02mg (100.95%), Phosphorus: 833.85mg (83.38%), Vitamin K: 68.69µg (65.42%), Vitamin C: 36.6mg (44.37%), Vitamin B5: 4.12mg (41.16%), Calcium: 392.91mg (39.29%), Potassium: 1285.61mg (36.73%), Manganese: 0.7mg (34.82%), Vitamin A: 1501.1IU (30.02%), Vitamin B2: 0.47mg (27.55%), Iron: 4.94mg (27.44%), Magnesium: 108.8mg (27.2%), Fiber: 5.25g (21.02%), Zinc: 3.11mg (20.76%), Copper: 0.36mg (17.88%), Vitamin B1: 0.25mg (16.92%), Vitamin B12: 0.81µg (13.47%), Folate: 52.56µg (13.14%), Vitamin E: 1.57mg (10.48%), Vitamin D: 0.49µg (3.27%)