



Kona Chicken



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



8

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound broiler chickens quartered
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup green onion chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 0.5 cup honey
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup water

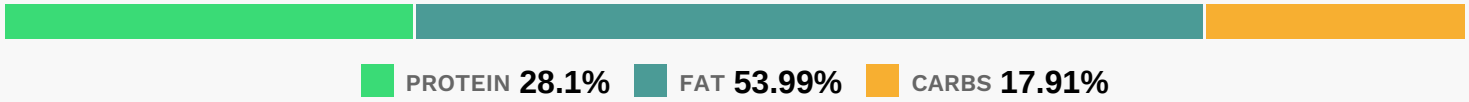
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place chicken quarters into a slow cooker. Stir together the green onion, soy sauce, white wine, water, honey and pepper in a cup or small bowl.
- ☐ Pour over the chicken. Cover, and cook on high for 4 hours.

Nutrition Facts



Properties

Glycemic Index:18.28, Glycemic Load:9.34, Inflammation Score:-8, Nutrition Score:15.025217382156%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 434.16kcal (21.71%), Fat: 25.63g (39.42%), Saturated Fat: 7.31g (45.66%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 18.79g (6.83%), Sugar: 17.86g (19.84%), Cholesterol: 142.38mg (47.46%), Sodium: 927.19mg (40.31%), Alcohol: 0.77g (100%), Alcohol %: 0.43% (100%), Protein: 30.01g (60.02%), Vitamin B3: 11.28mg (56.41%), Phosphorus: 296.69mg (29.67%), Vitamin A: 1458.54IU (29.17%), Vitamin B6: 0.57mg (28.59%), Selenium: 19.54µg (27.92%), Vitamin B12: 1.64µg (27.32%), Vitamin B2: 0.32mg (18.79%), Vitamin B5: 1.77mg (17.65%), Iron: 2.82mg (15.69%), Zinc: 2.26mg (15.09%), Folate: 50.17µg (12.54%), Vitamin K: 13.13µg (12.51%), Potassium: 390.16mg (11.15%), Magnesium: 40mg (10%), Manganese: 0.17mg (8.28%), Vitamin B1: 0.11mg (7.34%), Copper: 0.14mg (6.79%), Vitamin C: 5.25mg (6.37%), Calcium: 26.79mg (2.68%), Fiber: 0.35g (1.38%)