



Mediterranean Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 pounds chicken thighs bone-in
- ☐ 14.5 ounce canned tomatoes whole drained coarsely chopped canned
- ☐ 2 tablespoons capers drained
- ☐ 0.3 cup kalamata olives pitted halved (12 olives)
- ☐ 1 small optional: lemon
- ☐ 1 tablespoon olive oil
- ☐ 1.8 cups onion coarsely chopped

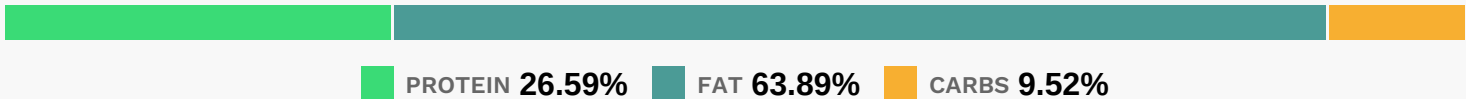
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Grate rind and squeeze juice from lemon to measure 1 teaspoon and 1 tablespoon, respectively.
- ☐ Place lemon rind in a small bowl. Cover and refrigerate.
- ☐ Combine lemon juice, onion, and next 3 ingredients (through tomatoes) in a 5-quart electric slow cooker.
- ☐ Sprinkle chicken with pepper.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Place half of chicken in pan; cook 3 minutes on each side or until browned.
- ☐ Place chicken in slow cooker. Repeat procedure with remaining chicken. Cover and cook on LOW for 4 hours or until chicken is done.
- ☐ Place chicken thighs on plates. Stir reserved lemon rind into sauce.
- ☐ Serve sauce over chicken.
- ☐ Garnish with rosemary and parsley, if desired.
- ☐ Flavor Tip: Piquant, sharp, and tangy are just a few words to describe capers. Use capers sparingly to infuse sauces, salads, pizzas, dressings, and pasta or vegetable dishes with flavor.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:2.68, Inflammation Score:-6, Nutrition Score:18.401304307191%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg

Nutrients (% of daily need)

Calories: 497.6kcal (24.88%), Fat: 35.53g (54.67%), Saturated Fat: 9.13g (57.06%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 9.02g (3.28%), Sugar: 5.49g (6.09%), Cholesterol: 188.92mg (62.97%), Sodium: 402.75mg (17.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.54%), Selenium: 36.85µg (52.65%), Vitamin B3: 9.89mg (49.47%), Vitamin B6: 0.84mg (41.85%), Phosphorus: 343.55mg (34.35%), Vitamin C: 19.41mg (23.53%), Vitamin B5: 2.24mg (22.44%), Vitamin B12: 1.23µg (20.56%), Potassium: 693.46mg (19.81%), Vitamin B2: 0.31mg (18.27%), Zinc: 2.7mg (17.98%), Vitamin B1: 0.22mg (14.96%), Magnesium: 58.08mg (14.52%), Iron: 2.48mg (13.79%), Copper: 0.27mg (13.32%), Vitamin E: 1.87mg (12.48%), Manganese: 0.23mg (11.73%), Fiber: 2.89g (11.56%), Vitamin K: 10.14µg (9.66%), Folate: 26.33µg (6.58%), Vitamin A: 328.8IU (6.58%), Calcium: 58.51mg (5.85%), Vitamin D: 0.19µg (1.29%)