



Mediterranean Chicken with Pepperoncini and Kalamatas

 Gluten Free

READY IN



410 min.

SERVINGS



4

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds chicken leg quarters
- 8 cloves garlic minced
- 0.3 teaspoon ground pepper fresh
- 1 cup kalamata olives pitted sliced
- 0.5 cup fresh-squeezed lemon juice
- 0.5 teaspoon lemon zest grated
- 0.5 teaspoon paprika

- 12 pepperoncini peppers rinsed drained
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour

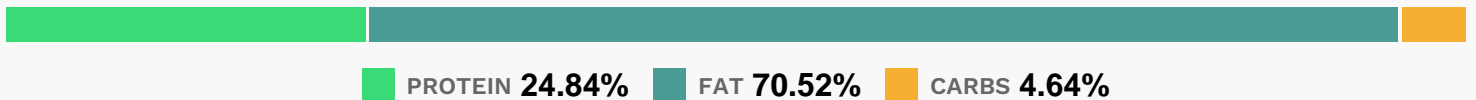
Equipment

- whisk
- slow cooker

Directions

- Layer whole pepperoncini on the bottom of a slow cooker.
- Sprinkle the olive slices and garlic on top of the peppers.
- Rinse chicken and pat dry.
- Place on top of pepperoncini mixture.
- Sprinkle chicken with 1 1/2 teaspoons paprika, the salt, pepper and lemon zest. Slowly pour in lemon juice.
- Cover and cook on low 6 to 6 1/2 hours or until meat easily pulls away from bone.
- Remove chicken to a warm plate and cover to keep warm.
- Turn slow cooker on high. Skim fat from cooking liquid.
- Whisk in sour cream until blended. Cover and simmer on high until heated through 8 to 10 minutes depending on your cooker. Stir in pepper and paprika.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:29.636086650517%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 926.49kcal (46.32%), Fat: 72.63g (111.74%), Saturated Fat: 21.64g (135.24%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 8.26g (3%), Sugar: 3.59g (3.99%), Cholesterol: 364.54mg (121.51%), Sodium: 954.87mg (41.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.58g (115.15%), Selenium: 66.51µg (95.02%), Vitamin B3: 16.27mg (81.35%), Vitamin B6: 1.39mg (69.64%), Phosphorus: 600.31mg (60.03%), Vitamin C: 39.33mg (47.67%), Vitamin B12: 2.28µg (38%), Vitamin B5: 3.79mg (37.93%), Vitamin B2: 0.58mg (33.83%), Zinc: 4.59mg (30.62%), Potassium: 917.7mg (26.22%), Vitamin B1: 0.31mg (20.86%), Magnesium: 82.69mg (20.67%), Vitamin A: 982.32IU (19.65%), Vitamin E: 2.55mg (16.97%), Iron: 2.8mg (15.55%), Copper: 0.28mg (13.89%), Calcium: 121.06mg (12.11%), Vitamin K: 11.78µg (11.22%), Manganese: 0.21mg (10.73%), Fiber: 2.5g (9.99%), Folate: 29.74µg (7.43%), Vitamin D: 0.34µg (2.25%)