



## Provençal Chicken Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes crushed canned
- ☐ 1 chicken cut into serving pieces and skinned
- ☐ 0.5 cup wine dry white
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup basil fresh for garnish cut into chiffonade,
- ☐ 0.3 cup parsley fresh chopped for garnish
- ☐ 1 clove garlic minced

- ☐ 1 cup kalamata olives black for garnish
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon salt
- ☐ 1 onion yellow finely chopped

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags
- ☐ slow cooker
- ☐ tongs

## Directions

- ☐ Combine the 3/4 cup flour and the salt in a resealable plastic bag.
- ☐ Add the chicken to the bag, several pieces at a time, and shake to coat completely.
- ☐ Heat a large sauté pan over medium-high heat and add the oil.
- ☐ Add the chicken and cook, turning once, for 8 to 10 minutes, until browned on both sides. Using tongs, transfer to paper towels to drain, then arrange in the slow cooker.
- ☐ Set the sauté pan over medium-high heat and add the onion and the 2 tablespoons flour. Sauté, stirring frequently, for 10 minutes, or until lightly browned.
- ☐ Add the garlic and stir for 2 to 3 minutes.
- ☐ Add the wine and stir to scrape up the browned bits from the bottom of the pan. Increase the heat to high and add the tomatoes and pepper to taste. Cook, stirring frequently, for 10 to 15 minutes, until some of the tomato liquid evaporates.
- ☐ Pour the onion mixture over the chicken in the slow cooker. Cover and cook on low for 3 to 8 hours, until the chicken is tender. At 3 to 4 hours, the chicken will still be firm and hold its shape. At 6 to 8 hours, the meat will be falling off the bone.
- ☐ Divide the chicken among dinner plates and garnish with the parsley, basil, and olives.
- ☐ Serve immediately.
- ☐ This recipe was originally prepared in an oval, 5-quart slow cooker.

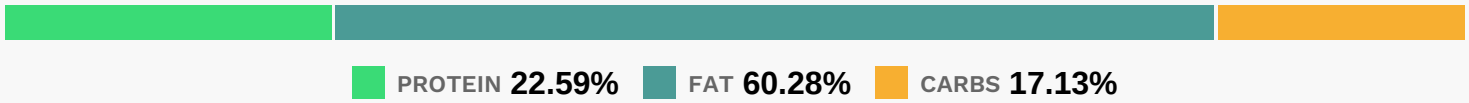
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Ten Speed Press.

# Nutrition Facts



## Properties

Glycemic Index:53.17, Glycemic Load:10.58, Inflammation Score:-7, Nutrition Score:18.53086960834%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg 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: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 489.81kcal (24.49%), Fat: 31.96g (49.17%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 17.52g (6.37%), Sugar: 4.18g (4.64%), Cholesterol: 95.22mg (31.74%), Sodium: 921.66mg (40.07%), Alcohol: 2.06g (100%), Alcohol %: 0.91% (100%), Protein: 26.95g (53.9%), Vitamin K: 56.79µg (54.09%), Vitamin B3: 10.54mg (52.68%), Selenium: 24.39µg (34.84%), Vitamin B6: 0.6mg (30.16%), Phosphorus: 238.18mg (23.82%), Vitamin E: 3.43mg (22.88%), Iron: 3.22mg (17.89%), Vitamin B1: 0.27mg (17.86%), Manganese: 0.34mg (17.04%), Vitamin B2: 0.28mg (16.39%), Vitamin C: 13.35mg (16.18%), Potassium: 528.13mg (15.09%), Vitamin B5: 1.47mg (14.67%), Zinc: 2.06mg (13.76%), Vitamin A: 677.78IU (13.56%), Folate: 53.99µg (13.5%), Magnesium: 51.04mg (12.76%), Copper: 0.25mg (12.72%), Fiber: 2.91g (11.65%), Vitamin B12: 0.39µg (6.56%), Calcium: 64.22mg (6.42%), Vitamin D: 0.25µg (1.69%)