



Rioja Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1038 kcal

BEVERAGE

DRINK

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black
- 3 pounds chicken thighs
- 3 tablespoons flour all-purpose
- 0.5 cup parsley fresh chopped
- 5 garlic cloves thinly sliced
- 2 tablespoons honey
- 1 tablespoon lemon rind grated

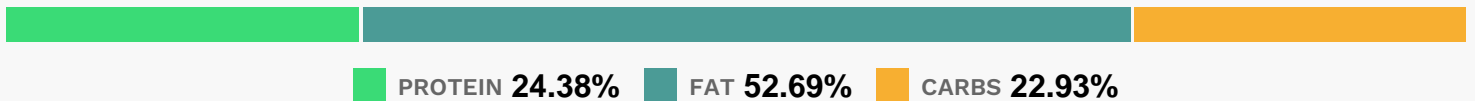
- 1 cup orange juice
- 0.3 cup pimento-stuffed olives
- 3.3 ounces prune- cut to pieces pitted
- 2 cups rice blend long-grain wild hot cooked
- 0.3 teaspoon salt
- 2 tablespoons teaspoons thyme dried fresh minced
- 1 cup rioja dry red

Equipment

Directions

- Combine flour, salt, and pepper in a shallow dish. Dredge chicken in flour mixture.
- Place garlic in bottom of an electric slower cooker. Arrange chicken over garlic; add prunes, olives, thyme, rind, and bay leaf.
- Combine orange juice, wine, and honey; pour over chicken. Cover with lid; cook on high heat for 1 hour. Reduce heat setting to low; cook 7 hours.
- Serve over rice.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:86.82, Glycemic Load:15.3, Inflammation Score:-10, Nutrition Score:38.613478639851%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.52mg, Delphinidin: 2.52mg, Delphinidin: 2.52mg, Delphinidin: 2.52mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg

Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 16.25mg, Apigenin: 16.25mg, Apigenin: 16.25mg, Apigenin: 16.25mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 1038.38kcal (51.92%), Fat: 58.49g (89.98%), Saturated Fat: 15.52g (97.01%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 52.55g (19.11%), Sugar: 23.43g (26.03%), Cholesterol: 333.39mg (111.13%), Sodium: 548.26mg (23.84%), Alcohol: 6.3g (100%), Alcohol %: 1.31% (100%), Protein: 60.89g (121.78%), Vitamin K: 144.72µg (137.83%), Selenium: 67.03µg (95.75%), Vitamin B3: 18.1mg (90.48%), Vitamin B6: 1.43mg (71.3%), Phosphorus: 652.22mg (65.22%), Vitamin C: 49.89mg (60.47%), Vitamin B5: 3.9mg (39.05%), Zinc: 5.74mg (38.29%), Vitamin B2: 0.64mg (37.86%), Vitamin B12: 2.18µg (36.29%), Potassium: 1169.98mg (33.43%), Magnesium: 120.28mg (30.07%), Vitamin B1: 0.42mg (28.3%), Manganese: 0.56mg (28.16%), Vitamin A: 1406.27IU (28.13%), Iron: 4.63mg (25.73%), Copper: 0.43mg (21.59%), Fiber: 4.7g (18.8%), Folate: 75.15µg (18.79%), Vitamin E: 1.42mg (9.49%), Calcium: 86.44mg (8.64%), Vitamin D: 0.34µg (2.27%)