



Rosemary Slow-Cooker Chicken

 Dairy Free

READY IN



265 min.

SERVINGS



10

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings extra wide egg noodles cooked mashed for serving, optional
- ☐ 1 teaspoon rosemary dried crumbled
- ☐ 0.3 cup flour all-purpose
- ☐ 8 cloves garlic roughly chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 40 oz chicken breast halves boneless skinless

☐ 3 tablespoons white wine

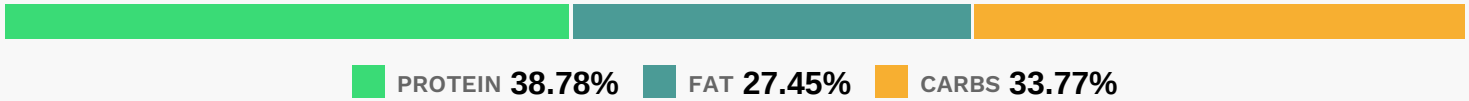
Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Mix garlic, rosemary, olive oil, wine, salt, pepper and 2 Tbsp. water in a 4- to 5-quart slow cooker.
- ☐ Mix well.
- ☐ Add chicken and turn each piece to coat well. Cover and cook on low until chicken is tender and cooked through, 3 to 4 hours.
- ☐ Transfer chicken to a platter and tent loosely with foil.
- ☐ Remove 1/2 cup cooking liquid from slow cooker; place in a small bowl.
- ☐ Whisk in flour until no lumps remain.
- ☐ Pour flour mixture back into slow cooker and whisk until smooth. Turn heat to high and cook, uncovered and stirring occasionally, until thickened, about 15 minutes. Taste and adjust seasoning if necessary.
- ☐ Drizzle sauce over chicken and serve with rice, mashed potatoes or egg noodles, if desired.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:12.16, Inflammation Score:-3, Nutrition Score:15.37086929964%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 302.63kcal (15.13%), Fat: 8.94g (13.76%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 23.57g (8.57%), Sugar: 0.42g (0.46%), Cholesterol: 97.22mg (32.41%), Sodium: 252.87mg (10.99%), Alcohol: 0.46g (100%), Alcohol %: 0.28% (100%), Protein: 28.42g (56.85%), Selenium: 58.01µg (82.88%), Vitamin B3: 12.37mg (61.87%), Vitamin B6: 0.92mg (46.12%), Phosphorus: 310.76mg (31.08%), Vitamin B5: 1.87mg (18.71%), Manganese: 0.36mg (18.24%), Potassium: 469.53mg (13.42%), Magnesium: 49.27mg (12.32%), Vitamin B2: 0.15mg (8.79%), Vitamin B1: 0.13mg (8.52%), Zinc: 1.27mg (8.45%), Iron: 1.16mg (6.47%), Vitamin E: 0.97mg (6.46%), Copper: 0.13mg (6.36%), Vitamin B12: 0.3µg (5.05%), Fiber: 1.18g (4.74%), Folate: 16.37µg (4.09%), Vitamin K: 2.99µg (2.84%), Vitamin C: 2.12mg (2.56%), Calcium: 21.77mg (2.18%), Vitamin D: 0.2µg (1.32%), Vitamin A: 52.95IU (1.06%)