



Saucy Chicken over Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 1 teaspoon canola oil
- ☐ 1.8 pounds skin-on chicken drumsticks
- ☐ 2 pounds strips.
- ☐ 3 cups rice hot cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon tarragon dried
- ☐ 0.3 cup wine dry white

- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 0.5 teaspoon lemon pepper salt-free
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon salt

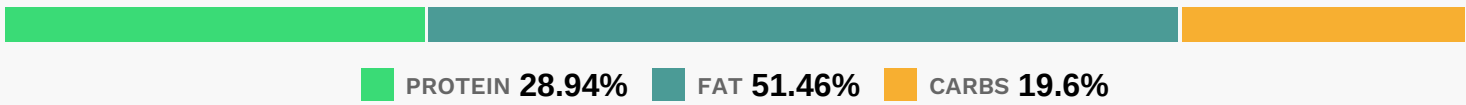
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Trim fat from chicken.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add half of chicken; cook 5 to 7 minutes or until browned, turning occasionally.
- ☐ Place chicken in a 5-quart electric slow cooker. Repeat procedure with remaining chicken.
- ☐ Add onion and garlic to pan; saut 2 minutes.
- ☐ Add wine, scraping pan to loosen browned bits.
- ☐ Add tomatoes; remove from heat. Stir in Italian seasoning and next 4 ingredients (through red pepper).
- ☐ Pour tomato mixture over chicken in slow cooker. Cover and cook on LOW for 5 hours.
- ☐ Serve chicken and tomato sauce over rice.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:25.69, Inflammation Score:-5, Nutrition Score:22.458260748697%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 619.9kcal (30.99%), Fat: 34.47g (53.03%), Saturated Fat: 9.09g (56.83%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 27.6g (10.04%), Sugar: 3.58g (3.98%), Cholesterol: 229.72mg (76.57%), Sodium: 399.41mg (17.37%), Alcohol: 1.37g (100%), Alcohol %: 0.42% (100%), Protein: 43.63g (87.26%), Selenium: 52.04µg (74.35%), Vitamin B3: 12.52mg (62.6%), Vitamin B6: 1.02mg (51.24%), Phosphorus: 449.46mg (44.95%), Manganese: 0.62mg (30.96%), Vitamin B5: 2.98mg (29.79%), Zinc: 4.22mg (28.13%), Vitamin B12: 1.46µg (24.25%), Vitamin B2: 0.4mg (23.65%), Potassium: 770.94mg (22.03%), Magnesium: 73.26mg (18.32%), Vitamin B1: 0.26mg (17.23%), Copper: 0.32mg (16.14%), Iron: 2.81mg (15.62%), Vitamin K: 11µg (10.48%), Vitamin E: 1.56mg (10.38%), Vitamin C: 7.32mg (8.87%), Fiber: 1.94g (7.75%), Vitamin A: 338.23IU (6.76%), Calcium: 61.89mg (6.19%), Folate: 21µg (5.25%), Vitamin D: 0.24µg (1.6%)