



WHATSheATE



Slow-Cooker Chicken-Barley Stew



Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups carrots sliced
- ☐ 1 cup celery stalks sliced
- ☐ 1 cup onion chopped
- ☐ 1.3 lb chicken breast bone-in skinless
- ☐ 3 cups water
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 0.8 cup quick-cooking barley uncooked
- ☐ 0.3 teaspoon pepper

- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme leaves dried

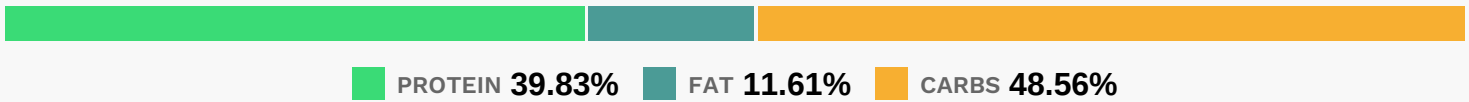
Equipment

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In 4- to 5-quart slow cooker, place carrots, celery and onion.
- ☐ Place chicken breasts on vegetables.
- ☐ Add remaining ingredients except parsley and thyme.
- ☐ Cover; cook on Low heat setting 8 to 9 hours.
- ☐ Remove chicken from cooker; place on cutting board.
- ☐ Remove meat from bones and chop into 1/2- to 1-inch pieces; discard bones.
- ☐ Stir chicken, parsley and thyme into stew. Increase heat setting to High. Cover; cook 10 to 15 minutes longer or until chicken is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:35.81, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:23.781739198643%

Flavonoids

Apigenin: 3.37mg, Apigenin: 3.37mg, Apigenin: 3.37mg, Apigenin: 3.37mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 243.62kcal (12.18%), Fat: 3.17g (4.87%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 23.2g (8.44%), Sugar: 5.56g (6.18%), Cholesterol: 62.05mg (20.68%), Sodium: 551.14mg (23.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.9%), Vitamin A: 7448.19IU (148.96%), Vitamin B3: 12.2mg (60.98%), Selenium: 40.3µg (57.56%), Vitamin B6: 0.95mg (47.74%), Vitamin K: 35.4µg (33.71%), Phosphorus: 297.81mg (29.78%), Manganese: 0.56mg (28.24%), Fiber: 6.61g (26.46%), Potassium: 792.3mg (22.64%), Vitamin C: 14.82mg (17.97%), Vitamin B5: 1.7mg (17.04%), Magnesium: 64.8mg (16.2%), Vitamin B2: 0.25mg (14.79%), Vitamin B1: 0.2mg (13.39%), Copper: 0.25mg (12.45%), Iron: 2.06mg (11.45%), Zinc: 1.43mg (9.56%), Folate: 36.44µg (9.11%), Calcium: 70.4mg (7.04%), Vitamin E: 1.02mg (6.83%), Vitamin B12: 0.2µg (3.41%)