



Slow-Cooker Chicken Cacciatore



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken thighs bone-in
- ☐ 2 tablespoons brown sugar
- ☐ 8 ounce mushrooms sliced canned
- ☐ 0.5 teaspoon celery
- ☐ 0.5 cup wine dry white
- ☐ 1 teaspoon basil dried
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green seeded finely chopped

- ☐ 3 tablespoons olive oil
- ☐ 1 large onion thinly sliced
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon salt to taste
- ☐ 1 tablespoon paprika sweet
- ☐ 12 ounce canned tomatoes canned

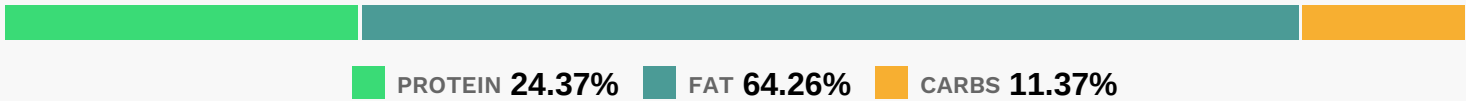
Equipment

- ☐ slow cooker

Directions

- ☐ Layer onion over bottom of a 4- to 6-quart slow cooker.
- ☐ Add chicken pieces to cooker.
- ☐ Combine next 12 ingredients and red pepper, if using; pour over chicken in cooker. Cover and cook on Low 7 to 9 hours or on High 3 to 4 hours.
- ☐ Serve over pasta or rice.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:32.328695701516%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 846.32kcal (42.32%), Fat: 59.31g (91.24%), Saturated Fat: 14.55g (90.91%), Carbohydrates: 23.63g (7.88%), Net Carbohydrates: 18.33g (6.67%), Sugar: 13.73g (15.26%), Cholesterol: 283.38mg (94.46%), Sodium: 1165.42mg (50.67%), Alcohol: 3.09g (100%), Alcohol %: 0.71% (100%), Protein: 50.61g (101.21%), Selenium: 57.58µg (82.25%), Vitamin B3: 15.84mg (79.22%), Vitamin B6: 1.35mg (67.67%), Phosphorus: 554.09mg (55.41%), Vitamin C: 35.05mg (42.48%), Vitamin B5: 3.8mg (37.97%), Potassium: 1118.13mg (31.95%), Vitamin B12: 1.85µg (30.84%), Zinc: 4.53mg (30.22%), Vitamin K: 31.49µg (29.99%), Vitamin B2: 0.49mg (28.98%), Vitamin A: 1402.94IU (28.06%), Iron: 4.85mg (26.93%), Vitamin E: 4.03mg (26.85%), Manganese: 0.5mg (25.19%), Copper: 0.5mg (25.19%), Vitamin B1: 0.37mg (24.84%), Magnesium: 98.77mg (24.69%), Fiber: 5.29g (21.17%), Calcium: 106.57mg (10.66%), Folate: 41.26µg (10.32%), Vitamin D: 0.4µg (2.68%)