



WHATSheATE



Slow-Cooker Chicken in Red Wine

 Dairy Free

READY IN



530 min.

SERVINGS



8

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz baby carrots
- ☐ 6 slices bacon
- ☐ 0.8 cup chicken broth (from 32-oz carton)
- ☐ 2 bay leaves dried
- ☐ 1.3 cups wine dry red
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic finely chopped

- ☐ 1 lb mushrooms fresh whole
- ☐ 8 oz pearl onions
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1.5 lb chicken thighs boneless skinless
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 tablespoons water cold

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Line microwavable plate with microwavable paper towel.
- ☐ Add bacon; cover with paper towel. Microwave on High 3 to 5 minutes or until crisp. Crumble bacon.
- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Place chicken in cooker.
- ☐ Add carrots, onions, bacon, salt, pepper, thyme, garlic, bay leaves, wine and broth.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Skim any fat from surface of chicken mixture. Stir in mushrooms. In small bowl, mix flour and water; stir into chicken mixture. Stir in parsley.
- ☐ Increase heat setting to High. Cover; cook about 30 minutes longer or until mixture is thickened.
- ☐ Remove bay leaves before serving.
- ☐ Sprinkle with remaining chopped parsley.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:19.468260796174%

Flavonoids

Petunidin: 1.25mg, Petunidin: 1.25mg, Petunidin: 1.25mg, Petunidin: 1.25mg Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg Malvidin: 9.84mg, Malvidin: 9.84mg, Malvidin: 9.84mg, Malvidin: 9.84mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 254.91kcal (12.75%), Fat: 10.42g (16.04%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 9.46g (3.44%), Sugar: 5.14g (5.71%), Cholesterol: 92.13mg (30.71%), Sodium: 606.49mg (26.37%), Alcohol: 3.94g (100%), Alcohol %: 1.6% (100%), Protein: 21.35g (42.7%), Vitamin A: 7944.4IU (158.89%), Selenium: 29.3µg (41.85%), Vitamin B3: 7.99mg (39.96%), Vitamin B6: 0.59mg (29.37%), Vitamin B2: 0.45mg (26.2%), Phosphorus: 260.68mg (26.07%), Vitamin K: 24.43µg (23.27%), Vitamin B5: 2.24mg (22.44%), Potassium: 614.17mg (17.55%), Copper: 0.32mg (15.78%), Vitamin B1: 0.22mg (14.66%), Zinc: 1.98mg (13.21%), Fiber: 2.85g (11.4%), Vitamin B12: 0.65µg (10.9%), Manganese: 0.22mg (10.82%), Iron: 1.84mg (10.2%), Folate: 38.88µg (9.72%), Magnesium: 37.05mg (9.26%), Vitamin C: 6.74mg (8.17%), Calcium: 40.53mg (4.05%), Vitamin E: 0.25mg (1.69%), Vitamin D: 0.18µg (1.2%)