



Slow-Cooker Chicken "Osso Buco"

 Dairy Free

READY IN



375 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes undrained canned
- 1 carrots finely chopped
- 3 cups brown rice hot cooked
- 0.3 cup flour
- 1 tsp lemon zest
- 1 lb chicken thighs boneless skinless
- 2 Tbsp sun tomato vinaigrette dressing dried kraft

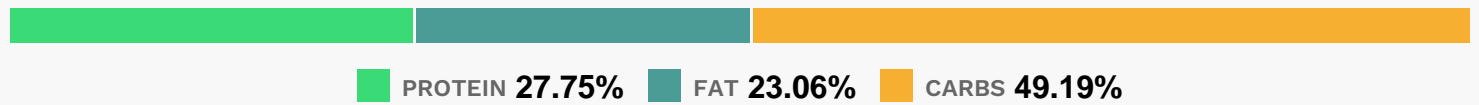
Equipment

slow cooker

Directions

- Toss chicken with flour; place in slow cooker sprayed with cooking spray.
- Add all remaining ingredients except rice; stir. Cover with lid. Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours).
- Stir chicken mixture until sauce is thickened.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:53.01, Glycemic Load:23.4, Inflammation Score:-9, Nutrition Score:25.744347862575%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 401.34kcal (20.07%), Fat: 10.27g (15.81%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 49.32g (16.44%), Net Carbohydrates: 44.11g (16.04%), Sugar: 5.33g (5.92%), Cholesterol: 107.73mg (35.91%), Sodium: 244.15mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.63%), Manganese: 1.88mg (93.96%), Vitamin A: 2788.46IU (55.77%), Vitamin B3: 10.1mg (50.52%), Vitamin B6: 0.9mg (44.84%), Selenium: 29.02µg (41.45%), Phosphorus: 370.25mg (37.03%), Magnesium: 113.9mg (28.47%), Vitamin B1: 0.4mg (26.49%), Vitamin B5: 2.29mg (22.87%), Potassium: 742.69mg (21.22%), Fiber: 5.21g (20.83%), Zinc: 2.99mg (19.94%), Copper: 0.38mg (19.11%), Iron: 3.38mg (18.8%), Vitamin B2: 0.32mg (18.69%), Vitamin K: 18.49µg (17.61%), Vitamin C: 10.67mg (12.94%), Vitamin E: 1.92mg (12.8%), Vitamin B12: 0.73µg (12.1%), Folate: 40.54µg (10.14%), Calcium: 65.44mg (6.54%)