



Slow-Cooker Chicken Stew

 **Gluten Free**  **Dairy Free**

READY IN



490 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb potatoes cut into 1 1/2-inch cubes
- 2 cups baby carrots
- 8 oz mushrooms fresh whole cut in half
- 40 oz chicken thighs boneless skinless
- 0.5 teaspoon salt
- 1 teaspoon onion instant chopped
- 0.3 teaspoon garlic powder
- 1 tablespoon tomato paste

- 18 oz roasted chicken
- 0.5 cup wine dry white

Equipment

- slow cooker

Directions

- In 4- to 5-quart slow cooker, toss potatoes, carrots and mushrooms. Arrange chicken on vegetable mixture.
- Sprinkle salt, onion and garlic powder over chicken. Stir tomato paste into jar of gravy.
- Pour gravy mixture and wine over all.
- Cover; cook on Low heat setting 8 to 10 hours.

Nutrition Facts

PROTEIN 54.94% **FAT 27.8%** **CARBS 17.26%**

Properties

Glycemic Index:34.63, Glycemic Load:10.21, Inflammation Score:-10, Nutrition Score:33.419999962268%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 467.53kcal (23.38%), Fat: 13.67g (21.03%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 15.7g (5.71%), Sugar: 3.9g (4.34%), Cholesterol: 243.33mg (81.11%), Sodium: 487.64mg (21.2%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 60.79g (121.59%), Vitamin A: 6006.15IU (120.12%), Vitamin B3: 19.76mg (98.81%), Selenium: 67.95µg (97.08%), Vitamin B6: 1.52mg (75.75%), Phosphorus: 610.69mg (61.07%), Vitamin B5: 4.07mg (40.69%), Vitamin B2: 0.66mg (38.73%), Potassium: 1240.65mg (35.45%), Zinc: 4.7mg (31.33%), Vitamin B12: 1.47µg (24.52%), Magnesium: 89.64mg (22.41%), Vitamin B1: 0.33mg (22%), Iron: 3.84mg (21.35%), Vitamin C: 17.41mg (21.1%), Copper: 0.41mg (20.52%), Manganese: 0.28mg (13.81%), Fiber: 3.4g (13.62%),

Vitamin K: 11.31µg (10.78%), Folate: 42.5µg (10.62%), Calcium: 54.13mg (5.41%), Vitamin E: 0.47mg (3.11%)