



Slow Cooker Chicken Verde

 Gluten Free  Dairy Free

READY IN



280 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 8 chicken leg quarters
- ☐ 0.5 cup chicken stock see unsalted (such as Swanson)
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup fresh cilantro fresh chopped
- ☐ 0.3 cup garlic cloves
- ☐ 8 lime wedges

- ☐ 1 medium onion quartered
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 2 poblano chiles stemmed seeded
- ☐ 1 teaspoon salt
- ☐ 2 pounds tomatillos

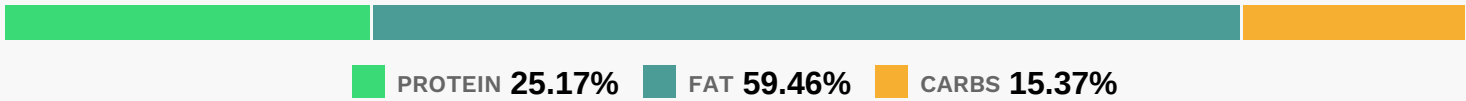
Equipment

- ☐ frying pan
- ☐ blender
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Preheat broiler.
- ☐ Combine first 5 ingredients, tossing to coat. Arrange mixture on a jelly-roll pan. Broil 10 minutes or until vegetables are blackened in spots.
- ☐ Place mixture in a blender; add cilantro, chopped oregano, cornstarch, salt, pepper, and stock.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Heat a large heavy skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 4 chicken leg quarters; cook 5 minutes or until well browned. Repeat procedure with cooking spray and remaining chicken. Arrange chicken in a 6-quart electric slow cooker; top with tomatillo mixture. Cover and cook on LOW 4 hours or until done. Separate thighs and drumsticks, if desired.
- ☐ Serve with lime wedges; garnish with oregano leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.38, Inflammation Score:0, Nutrition Score:19.573913136254%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 406.73kcal (20.34%), Fat: 27.28g (41.97%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 11.74g (4.27%), Sugar: 6.41g (7.12%), Cholesterol: 142.06mg (47.35%), Sodium: 428.2mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.97%), Vitamin C: 45.54mg (55.2%), Vitamin B3: 9.35mg (46.76%), Selenium: 28.97µg (41.38%), Vitamin B6: 0.74mg (37.23%), Phosphorus: 301.19mg (30.12%), Vitamin K: 29.4µg (28%), Manganese: 0.44mg (21.93%), Potassium: 752.64mg (21.5%), Vitamin B5: 1.78mg (17.77%), Fiber: 4.13g (16.53%), Vitamin B2: 0.27mg (16.09%), Vitamin B12: 0.92µg (15.41%), Magnesium: 61.57mg (15.39%), Zinc: 2.27mg (15.11%), Iron: 2.54mg (14.11%), Vitamin B1: 0.21mg (13.68%), Copper: 0.24mg (11.92%), Vitamin E: 1.46mg (9.72%), Vitamin A: 452.06IU (9.04%), Calcium: 63.95mg (6.39%), Folate: 23.83µg (5.96%)