



Slow-Cooker : Chicken with Bacon, Mushrooms, and Onions

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

READY IN



35 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon diced sliced
- 4 pound meat from a rotisserie chicken
- 2 tablespoons cornstarch
- 0.5 cup cooking wine dry white dry (or)
- 3 sprigs rosemary dried fresh (or 1 tablespoon rosemary leaves)
- 6 garlic cloves chopped
- 1 teaspoon kosher salt

- 1 cup onions white frozen thawed
- 0.3 cup water
- 0.5 pound mushrooms white

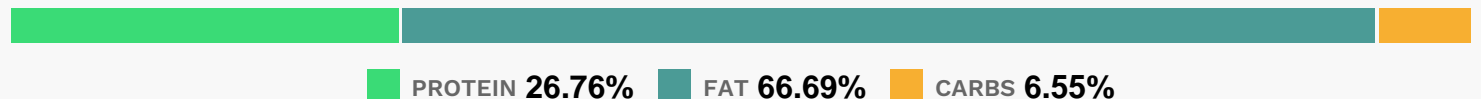
Equipment

- frying pan
- sauce pan
- slotted spoon
- slow cooker

Directions

- Cook the bacon in a large skillet over medium-low heat until crisp. With a slotted spoon, transfer it to a 4- to 6-quart slow cooker.
- Pour off all but a light coating of fat from the skillet.
- Add the chicken and brown over medium-high heat; transfer to the cooker.
- Pour the wine into the skillet and scrape up any browned bits; add the skillet contents to the cooker, along with the mushrooms, onions, garlic, rosemary, and salt. Cover and cook on low heat for 6 hours, or on high for 3 hours.
- Transfer the chicken, bacon, and vegetables to a platter; keep warm.
- Pour the sauce into a small saucepan.
- Combine the water and cornstarch; stir it into the sauce.
- Heat to boiling, stirring constantly, until the sauce thickens, about 5 minutes.
- Pour over the chicken.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:15.497391369032%

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, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 519.87kcal (25.99%), Fat: 37.04g (56.99%), Saturated Fat: 11.32g (70.74%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 7.25g (2.63%), Sugar: 2.1g (2.33%), Cholesterol: 133.81mg (44.6%), Sodium: 744.64mg (32.38%), Alcohol: 2.06g (100%), Alcohol %: 0.92% (100%), Protein: 33.44g (66.89%), Vitamin B3: 12.83mg (64.15%), Selenium: 32.67µg (46.67%), Vitamin B6: 0.73mg (36.4%), Phosphorus: 316.61mg (31.66%), Vitamin B2: 0.37mg (21.79%), Vitamin B5: 2.16mg (21.56%), Zinc: 2.65mg (17.69%), Vitamin B1: 0.24mg (16.1%), Potassium: 535.18mg (15.29%), Copper: 0.23mg (11.47%), Vitamin B12: 0.65µg (10.9%), Magnesium: 42.68mg (10.67%), Iron: 1.84mg (10.23%), Manganese: 0.16mg (8.04%), Vitamin C: 6.06mg (7.34%), Folate: 20.65µg (5.16%), Vitamin A: 219.56IU (4.39%), Vitamin E: 0.61mg (4.06%), Fiber: 0.94g (3.76%), Vitamin D: 0.52µg (3.45%), Calcium: 33.58mg (3.36%), Vitamin K: 2.41µg (2.3%)