



Slow-Cooker Chicken with Tomatoes and Artichokes

 Gluten Free  Dairy Free

READY IN



285 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb chicken breast bone-in
- 3 tablespoons balsamic vinaigrette salad dressing fat-free italian
- 1 teaspoon seasoning italian
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup olive green sliced
- 4 cloves garlic finely chopped

- 14.5 oz tomatoes diced drained canned
- 14 oz artichokes drained quartered canned
- 2 tablespoons parsley fresh chopped

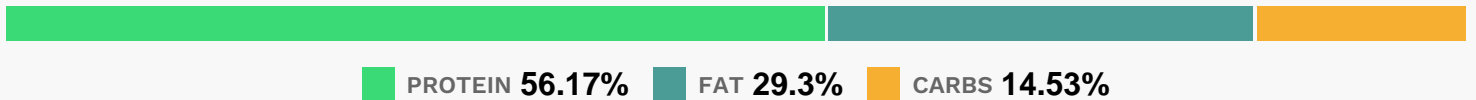
Equipment

- bowl
- slow cooker

Directions

- Spray 3- to 4-quart slow cooker with cooking spray.
- Remove skin and any fat from chicken.
- Brush chicken with dressing; place in cooker.
- Sprinkle with Italian seasoning, salt and pepper. Top with remaining ingredients except parsley.
- Cover; cook on Low heat setting 4 hours 30 minutes to 5 hours 30 minutes.
- Skim off any fat from top of mixture in cooker.
- Serve chicken and tomato mixture in shallow bowls; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:35.707391557486%

Flavonoids

Naringenin: 12.4mg, Naringenin: 12.4mg, Naringenin: 12.4mg, Naringenin: 12.4mg Apigenin: 11.74mg, Apigenin: 11.74mg, Apigenin: 11.74mg, Apigenin: 11.74mg Luteolin: 2.37mg, Luteolin: 2.37mg, Luteolin: 2.37mg, Luteolin: 2.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 460.23kcal (23.01%), Fat: 14.98g (23.05%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 9.67g (3.52%), Sugar: 3.84g (4.27%), Cholesterol: 181.44mg (60.48%), Sodium: 993.29mg (43.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.63g (129.25%), Vitamin B3: 31.43mg (157.15%), Selenium: 91.75µg (131.06%), Vitamin B6: 2.4mg (119.99%), Phosphorus: 711.19mg (71.12%), Vitamin K: 66.37µg (63.21%), Potassium: 1644.9mg (47%), Vitamin B5: 4.53mg (45.31%), Magnesium: 148.8mg (37.2%), Vitamin C: 28.18mg (34.15%), Fiber: 7.04g (28.15%), Vitamin B2: 0.41mg (24.37%), Manganese: 0.47mg (23.53%), Folate: 91.62µg (22.91%), Iron: 3.73mg (20.73%), Vitamin B1: 0.31mg (20.64%), Copper: 0.4mg (20.19%), Vitamin E: 2.41mg (16.07%), Zinc: 2.35mg (15.66%), Calcium: 110.99mg (11.1%), Vitamin B12: 0.57µg (9.45%), Vitamin A: 429.28IU (8.59%), Vitamin D: 0.28µg (1.89%)