



Slow-Cooker Mediterranean Braised Chicken

 Vegetarian  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



1929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil
- 4 lb irish oats whole skinless
- 0.8 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 0.5 cup wine dry white
- 6 slices optional: lemon thin
- 5 cloves garlic finely chopped
- 1 large onion red cut into wedges

- 1 teaspoon herbs de provence
- 1 cup chicken broth (from 32-oz carton)
- 14 oz artichoke hearts drained quartered canned
- 30 manzanilla olives green pitted
- 0.3 cup parsley fresh italian chopped (flat-leaf)

Equipment

- frying pan
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In 12-inch skillet, heat 1 tablespoon of the oil over medium-high heat.
- Sprinkle chicken with salt and pepper. Cook half of the chicken pieces in oil 4 to 6 minutes, turning once, until brown.
- Place chicken in slow cooker. Repeat with remaining 1 tablespoon oil and chicken pieces.
- Add wine to skillet; heat to simmering over medium heat, stirring to loosen brown particles.
- Pour into slow cooker.
- Add lemon, garlic, onion and herbes de Provence.
- Pour broth over top.
- Cover; cook on Low heat setting 4 hours.
- Stir artichoke hearts and olives into slow cooker. Cover; cook 30 minutes longer.
- Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:143.46, Inflammation Score:-6, Nutrition Score:16.659565249863%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 1929.26kcal (96.46%), Fat: 43.59g (67.07%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 310.65g (103.55%), Net Carbohydrates: 257.15g (93.51%), Sugar: 2.97g (3.3%), Cholesterol: 1.17mg (0.39%), Sodium: 1494.2mg (64.97%), Alcohol: 3.09g (100%), Alcohol %: 0.54% (100%), Protein: 74.85g (149.7%), Fiber: 53.5g (214.01%), Iron: 19.83mg (110.16%), Vitamin K: 70.92µg (67.54%), Calcium: 274.08mg (27.41%), Vitamin C: 13.88mg (16.83%), Vitamin E: 2.25mg (14.98%), Manganese: 0.21mg (10.31%), Vitamin A: 448.36IU (8.97%), Vitamin B6: 0.12mg (5.87%), Copper: 0.08mg (4.08%), Potassium: 138.78mg (3.97%), Magnesium: 14.06mg (3.52%), Folate: 14.1µg (3.52%), Vitamin B2: 0.06mg (3.52%), Vitamin B1: 0.05mg (3.28%), Phosphorus: 27.22mg (2.72%), Vitamin B3: 0.36mg (1.82%), Selenium: 1.27µg (1.81%), Zinc: 0.24mg (1.63%), Vitamin B5: 0.12mg (1.19%)