



## Slow-Cooker Mediterranean Braised Chicken

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 oz artichoke hearts drained quartered progresso® canned
- 4 lb chicken whole skinless
- 1 cup chicken broth progresso® (from 32-oz carton)
- 5 cloves garlic finely chopped
- 1 teaspoon herbs de provence
- 6 slices optional: lemon thin
- 30 manzanilla olives green pitted
- 2 tablespoons olive oil

- 0.3 cup parsley fresh italian chopped (flat-leaf)
- 0.3 teaspoon pepper freshly ground
- 1 large onion red cut into wedges
- 0.8 teaspoon salt
- 0.5 cup wine dry white

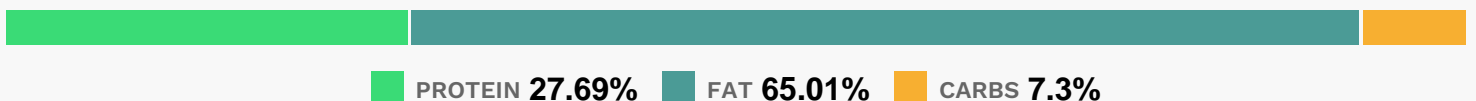
## Equipment

- 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:40.38, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:22.215217320815%

## 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: 646.5kcal (32.32%), Fat: 44.63g (68.67%), Saturated Fat: 11g (68.74%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 7.67g (2.79%), Sugar: 2.97g (3.3%), Cholesterol: 164.47mg (54.82%), Sodium: 1646.61mg (71.59%), Alcohol: 3.09g (100%), Alcohol %: 0.8% (100%), Protein: 42.77g (85.54%), Vitamin B3: 15.17mg (75.86%), Vitamin K: 74.18µg (70.65%), Selenium: 32.62µg (46.6%), Vitamin B6: 0.88mg (43.97%), Phosphorus: 347.27mg (34.73%), Vitamin C: 17.37mg (21.05%), Vitamin B5: 2.1mg (21%), Zinc: 3.1mg (20.64%), Vitamin E: 2.9mg (19.33%), Vitamin B2: 0.32mg (18.89%), Iron: 3.01mg (16.72%), Potassium: 550.28mg (15.72%), Vitamin A: 753.17IU (15.06%), Fiber: 3.61g (14.42%), Magnesium: 57.61mg (14.4%), Manganese: 0.25mg (12.38%), Vitamin B1: 0.18mg (11.98%), Vitamin B12: 0.69µg (11.44%), Copper: 0.19mg (9.3%), Calcium: 71.24mg (7.12%), Folate: 27.16µg (6.79%), Vitamin D: 0.44µg (2.9%)