




 **65%**
HEALTH SCORE

Slow-Cooker Mediterranean Chicken


 Dairy Free  Very Healthy

READY IN




435 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 medium bell pepper cut into 1-inch pieces
- 1 medium butternut squash peeled cut into 2-inch pieces
- 14.5 ounces canned tomatoes undrained canned
- 1 cup couscous uncooked
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cumin
- 0.3 cup raisins
- 0.5 cup salsa (any variety)

1.3 pounds chicken breast halves boneless skinless cut into 3 pieces

Equipment

slotted spoon

slow cooker

Directions

Layer squash, bell pepper and chicken in 4- to 5-quart slow cooker.

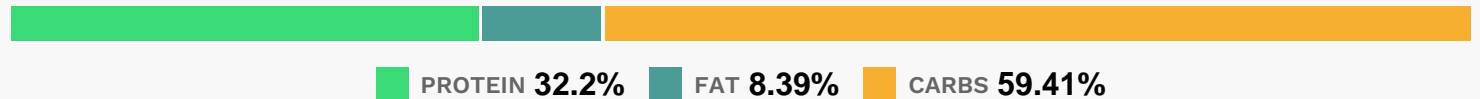
Mix tomatoes, salsa, raisins, cinnamon and cumin; pour over mixture in slow cooker.

Cover and cook on low heat setting about 7 hours or until squash is tender and juice of chicken is no longer pink when centers of thickest pieces are cut. During last 10 minutes of cook time, cook couscous as directed on package.

Remove chicken and vegetables from slow cooker with slotted spoon.

Serve over couscous. Stir sauce in slow cooker; spoon over chicken mixture. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:50.95, Glycemic Load:26.66, Inflammation Score:-10, Nutrition Score:40.067391641762%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 486.24kcal (24.31%), Fat: 4.65g (7.16%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 74.15g (24.72%), Net Carbohydrates: 64.38g (23.41%), Sugar: 11.14g (12.38%), Cholesterol: 90.72mg (30.24%), Sodium: 529.05mg (23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.19g (80.38%), Vitamin A: 21284.15IU (425.68%), Vitamin C: 89.73mg (108.77%), Vitamin B3: 20.56mg (102.82%), Vitamin B6: 1.71mg (85.69%), Selenium: 47.3µg (67.57%),

Manganese: 1.05mg (52.28%), Potassium: 1781.53mg (50.9%), Phosphorus: 491.59mg (49.16%), Fiber: 9.77g (39.08%), Magnesium: 151.88mg (37.97%), Vitamin B5: 3.76mg (37.58%), Vitamin E: 5.13mg (34.18%), Vitamin B1: 0.46mg (30.95%), Copper: 0.52mg (26.16%), Iron: 4.23mg (23.51%), Folate: 93.58µg (23.4%), Vitamin B2: 0.32mg (18.77%), Calcium: 158.54mg (15.85%), Zinc: 1.9mg (12.69%), Vitamin K: 10.66µg (10.15%), Vitamin B12: 0.28µg (4.72%)