



Slow-Cooker Mediterranean Chicken Stew

 Dairy Free

READY IN



380 min.

SERVINGS



5

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounces artichoke hearts drained quartered canned
- 29 ounces tomatoes diced with garlic and onion, undrained canned
- 10 ounces couscous ()
- 1 teaspoon garlic salt
- 6 ounces olives pitted ripe drained canned
- 2 teaspoons oregano dried
- 0.3 teaspoon pepper
- 2 pounds chicken thighs boneless skinless

2 teaspoons vegetable oil

Equipment

frying pan

Directions

Heat oil in 12-inch skillet over medium-high heat.

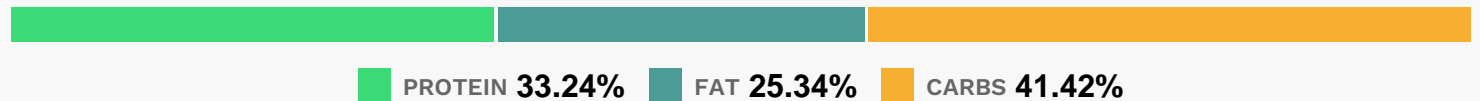
Sprinkle chicken with garlic salt, pepper and oregano. Cook chicken in oil 8 minutes, turning once, until brown on both sides; drain.

Place chicken, tomatoes and artichokes in 4- to 4 1/2-quart slow cooker.

Cover and cook on Low heat setting 5 to 6 hours.

Cook couscous as directed on package. Stir olives into stew. To serve, spoon stew over couscous.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:26.72, Inflammation Score:-8, Nutrition Score:25.509999834973%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 542.98kcal (27.15%), Fat: 15.08g (23.19%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 55.46g (18.49%), Net Carbohydrates: 48.27g (17.55%), Sugar: 4.74g (5.27%), Cholesterol: 172.37mg (57.46%), Sodium: 1691.39mg (73.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.51g (89.01%), Vitamin B3: 13.4mg (67.01%), Selenium: 41.52µg (59.31%), Vitamin B6: 1.07mg (53.57%), Phosphorus: 469.62mg (46.96%), Manganese: 0.65mg (32.59%), Vitamin B5: 3.09mg (30.93%), Fiber: 7.19g (28.76%), Vitamin B2: 0.46mg (27.21%), Potassium: 873.56mg (24.96%), Zinc: 3.5mg (23.31%), Iron: 4.13mg (22.97%), Magnesium: 90.85mg (22.71%), Vitamin B1: 0.34mg (22.56%), Vitamin E: 3.04mg (20.23%), Copper: 0.4mg (20.13%), Vitamin B12: 1.16µg (19.35%), Vitamin C: 15.31mg (18.56%), Vitamin K: 18.95µg (18.05%), Calcium: 112.11mg (11.21%), Folate: 34.69µg (8.67%), Vitamin A: 383.78IU (7.68%)