



Slow-Cooker Moroccan Chicken



Gluten Free



Dairy Free

READY IN



330 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken thighs skinless
- ☐ 8 ounces dole pineapple tidbits undrained canned
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon marjoram dried
- ☐ 0.8 teaspoon pepper red crushed

- ☐ 0.3 teaspoon turmeric
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon water cold
- ☐ 0.3 cup pimientos sliced
- ☐ 1 tablespoon parsley fresh chopped

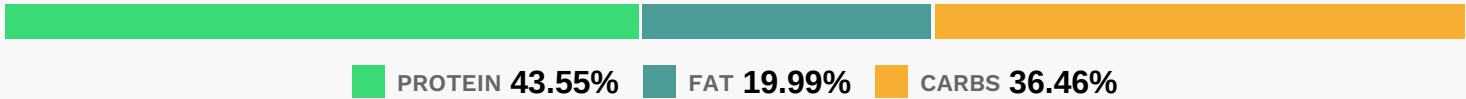
Equipment

- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Place chicken in 5- to 6-quart slow cooker.
- ☐ Mix pineapple, onion, garlic, lemon juice, salt, marjoram, red pepper and turmeric; pour over chicken.
- ☐ Cover and cook on low heat setting 4 to 5 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Remove chicken from cooker, using slotted spoon; place in serving dish. Cover to keep warm.
- ☐ Remove fat from sauce.
- ☐ Mix cornstarch and water; stir into sauce.
- ☐ Cover and cook on high heat setting about 15 minutes or until thickened. Stir in olives.
- ☐ Pour sauce over chicken.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:12.587826189787%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 180.27kcal (9.01%), Fat: 4.02g (6.18%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 14.53g (5.28%), Sugar: 10.42g (11.58%), Cholesterol: 88.79mg (29.6%), Sodium: 703.55mg (30.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Vitamin C: 25.52mg (30.93%), Selenium: 21.43µg (30.62%), Vitamin B3: 5.5mg (27.51%), Vitamin B6: 0.52mg (25.83%), Vitamin K: 21.64µg (20.61%), Phosphorus: 197.98mg (19.8%), Zinc: 2.3mg (15.34%), Vitamin B2: 0.22mg (13.15%), Potassium: 418.95mg (11.97%), Vitamin B5: 1.16mg (11.62%), Vitamin B1: 0.17mg (11.43%), Vitamin A: 567.48IU (11.35%), Magnesium: 36.39mg (9.1%), Vitamin B12: 0.53µg (8.88%), Copper: 0.16mg (8.08%), Fiber: 1.97g (7.86%), Iron: 1.4mg (7.76%), Manganese: 0.13mg (6.35%), Folate: 18.51µg (4.63%), Calcium: 36mg (3.6%), Vitamin E: 0.47mg (3.1%)