

# Slow Cooker Moscow Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**310 min.**

SERVINGS



**6**

CALORIES



**460 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 slices bacon
- 6 strips.
- 2 cloves garlic roughly chopped
- 0.5 teaspoon ginger grated
- 2 spring onion chopped
- 10 fluid ounce salad dressing russian-style
- 6 servings salt and pepper to taste

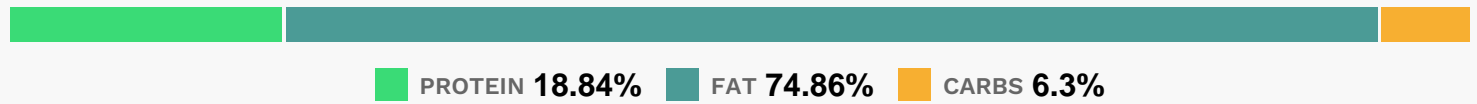
## Equipment

- frying pan
- slow cooker

## Directions

- Heat a large skillet over medium-high heat. Cook chicken until well browned on both sides. Allow chicken to cool slightly.
- Wrap each thigh in a piece of bacon, and place in slow cooker.
- Sprinkle garlic and ginger over the chicken; top with Russian dressing. Cook on Low heat for 5 to 6 hours. Season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:11.323043538176%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 460.39kcal (23.02%), Fat: 37.91g (58.33%), Saturated Fat: 9.44g (59.01%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 7.05g (2.56%), Sugar: 5.43g (6.03%), Cholesterol: 125.26mg (41.75%), Sodium: 916.66mg (39.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.94%), Selenium: 26.71µg (38.15%), Vitamin K: 38.27µg (36.45%), Vitamin B3: 6.23mg (31.13%), Vitamin B6: 0.49mg (24.64%), Phosphorus: 220.68mg (22.07%), Vitamin B12: 0.83µg (13.89%), Vitamin B5: 1.28mg (12.79%), Zinc: 1.73mg (11.57%), Vitamin B1: 0.16mg (10.56%), Vitamin B2: 0.17mg (10.08%), Vitamin E: 1.43mg (9.56%), Potassium: 332.39mg (9.5%), Magnesium: 27.7mg (6.93%), Iron: 1.05mg (5.86%), Copper: 0.08mg (4.15%), Vitamin A: 153.99IU (3.08%), Manganese: 0.06mg (2.99%), Calcium: 21.38mg (2.14%), Vitamin C: 1.27mg (1.54%), Folate: 6µg (1.5%), Vitamin D: 0.2µg (1.34%)