



9%
HEALTH SCORE

Slow Cooker Rosemary and Red Pepper Chicken

 Gluten Free  Dairy Free

READY IN



440 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons cornstarch
- 2 teaspoons rosemary dried
- 0.3 cup mirin dry
- 0.3 cup mirin dry
- 0.3 cup parsley fresh chopped
- 4 cloves garlic minced
- 0.3 teaspoon pepper

- 8 ounces turkey sausage italian
- 1 small onion thinly sliced
- 0.5 teaspoon oregano dried
- 1 medium bell pepper red seeded thinly sliced
- 8 servings salt to taste
- 4 ounce chicken breast halves boneless skinless
- 2 tablespoons water cold

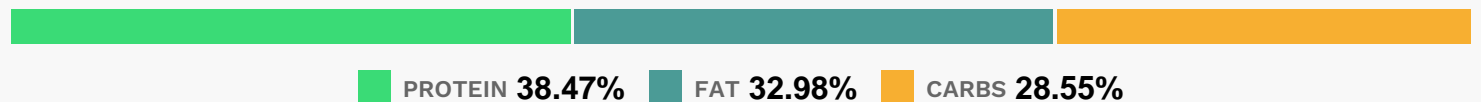
Equipment

- bowl
- slow cooker

Directions

- In a 5 to 6 quart slow cooker, combine onion, bell pepper, garlic, rosemary, and oregano. Crumble sausages over onion mixture. Rinse chicken and pat dry; arrange in a single layer over sausage.
- Sprinkle with pepper.
- Pour in vermouth. Cover, and cook on Low setting for 5 to 7 hours, or until chicken is tender and cooked through when pierced.
- Transfer chicken to a warm, deep platter, and cover to keep warm.
- In a small bowl, stir together cornstarch and cold water. Stir into cooking liquid in slow cooker. Increase heat to High, and cover. Cook, stirring 2 to 3 times, until sauce is thickened (about 10 more minutes). Season to taste with salt. Spoon sauce over chicken, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:8.7230435078559%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 89.51kcal (4.48%), Fat: 2.94g (4.52%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 4.82g (1.75%), Sugar: 1.94g (2.15%), Cholesterol: 24.1mg (8.03%), Sodium: 475.95mg (20.69%), Alcohol: 1.42g (100%), Protein: 7.7g (15.41%), Vitamin C: 31.46mg (38.13%), Vitamin K: 32.45µg (30.9%), Iron: 3.07mg (17.03%), Selenium: 11.16µg (15.94%), Vitamin B6: 0.29mg (14.51%), Vitamin B3: 2.72mg (13.59%), Vitamin A: 672.32IU (13.45%), Phosphorus: 92.5mg (9.25%), Zinc: 0.78mg (5.22%), Vitamin B5: 0.5mg (5.04%), Potassium: 171.59mg (4.9%), Vitamin B2: 0.08mg (4.86%), Manganese: 0.09mg (4.64%), Magnesium: 15.33mg (3.83%), Folate: 14.62µg (3.65%), Fiber: 0.9g (3.61%), Vitamin B1: 0.05mg (3.09%), Copper: 0.05mg (2.59%), Vitamin B12: 0.15µg (2.5%), Vitamin E: 0.3mg (2.02%), Calcium: 17.87mg (1.79%)