



## Slow-Cooker Twenty-Garlic Chicken Dinner

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



2023 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon salt
- 1 teaspoon paprika
- 0.5 teaspoon pepper
- 1 teaspoon olive oil
- 3 lb vegetable oil
- 1 large onion sliced
- 20 cloves fennel bulb

### Equipment

- bowl
- slotted spoon
- slow cooker

## Directions

- In small bowl, mix salt, paprika, pepper and oil to form paste; spread evenly over each piece of chicken.
- In 5- to 6-quart slow cooker, place onion slices. Arrange chicken over onion. Separate garlic into cloves; do not peel cloves.
- Place garlic cloves around chicken.
- Cover; cook on Low setting 7 to 8 hours.
- With slotted spoon, remove chicken, onion and garlic from slow cooker; place on serving platter. Squeeze garlic cloves to use cooked garlic on mashed potatoes, vegetables or bread.

## Nutrition Facts

■ PROTEIN **0.07%** ■ FAT **99.37%** ■ CARBS **0.56%**

## Properties

Glycemic Index:19.83, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:9.8039130542589%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

## Nutrients (% of daily need)

Calories: 2023.16kcal (101.16%), Fat: 227.54g (350.07%), Saturated Fat: 34.7g (216.9%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.23g (1.36%), Cholesterol: 0mg (0%), Sodium: 390.59mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin K: 420.21µg (400.2%), Vitamin E: 18.77mg (125.14%), Vitamin A: 170.06IU (3.4%), Manganese: 0.07mg (3.31%), Fiber: 0.69g (2.75%), Vitamin C: 2.25mg (2.73%), Vitamin B6: 0.04mg (1.96%), Potassium: 60.2mg (1.72%), Folate: 5.84µg (1.46%), Iron: 0.22mg (1.2%), Phosphorus: 10.23mg (1.02%)