

Baked Slow Cooker Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



620 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- 1 teaspoon paprika
- 6 servings salt and pepper to taste
- 2 pound chicken whole

Equipment

- paper towels
- aluminum foil
- slow cooker

Directions

- Wad three pieces of aluminum foil into 3 to 4 inch balls, and place them in the bottom of the slow cooker.
- Rinse the chicken, inside and out, under cold running water. Pat dry with paper towels. Season the chicken with the salt, pepper and paprika, and place in the slow cooker on top of the crumpled aluminum foil.
- Set the slow cooker to High for 1 hour, then turn down to Low for about 8 to 10 hours, or until the chicken is no longer pink and the juices run clear.

Nutrition Facts

PROTEIN 35.26% **FAT 64.27%** **CARBS 0.47%**

Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.0973913760289%

Nutrients (% of daily need)

Calories: 156.98kcal (7.85%), Fat: 10.97g (16.88%), Saturated Fat: 3.14g (19.59%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.03g (0.04%), Cholesterol: 54.43mg (18.14%), Sodium: 244.82mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.09%), Vitamin B3: 4.97mg (24.85%), Selenium: 10.47µg (14.96%), Vitamin B6: 0.26mg (13.06%), Phosphorus: 107.73mg (10.77%), Vitamin B5: 0.67mg (6.69%), Zinc: 0.97mg (6.44%), Vitamin B2: 0.09mg (5.36%), Vitamin A: 265.78IU (5.32%), Potassium: 144.81mg (4.14%), Iron: 0.73mg (4.03%), Magnesium: 15.11mg (3.78%), Vitamin B12: 0.22µg (3.75%), Vitamin B1: 0.04mg (2.98%), Vitamin E: 0.31mg (2.1%), Copper: 0.04mg (1.87%), Vitamin C: 1.16mg (1.41%), Vitamin K: 1.36µg (1.29%), Folate: 4.52µg (1.13%)