



Braised Chicken Thighs With Carrots and Potatoes



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots
- ☐ 0.3 cup chicken broth
- ☐ 1.5 pounds chicken thighs bone-in
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 teaspoon garlic minced
- ☐ 1 slices optional: lemon
- ☐ 1 pound baby potatoes cut into 1/4-inch-thick slices

- ☐ 1 medium onion halved lengthwise sliced
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon pepper divided
- ☐ 1.3 teaspoons salt divided
- ☐ 0.3 cup wine

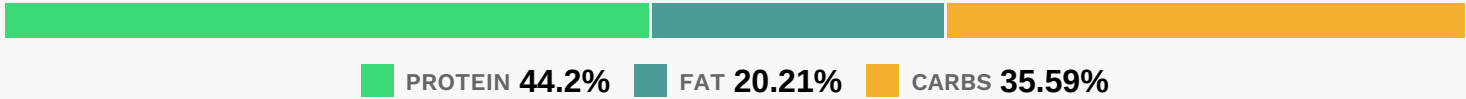
Equipment

- ☐ slow cooker

Directions

- ☐ Place onion in a lightly greased 6-quart slow cooker; top with potatoes and carrots.
- ☐ Combine 3/4 teaspoon salt, 1/4 teaspoon pepper, broth, and next 3 ingredients.
- ☐ Pour broth mixture over vegetables.
- ☐ Combine paprika, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper; rub evenly over chicken thighs, and arrange on top of vegetables.
- ☐ Cover and cook on LOW 8 hours or until chicken and vegetables are tender.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.04, Glycemic Load:10.18, Inflammation Score:-10, Nutrition Score:19.424782784089%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 226.88kcal (11.34%), Fat: 4.88g (7.51%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 15.91g (5.78%), Sugar: 3.61g (4.01%), Cholesterol: 107.92mg (35.97%), Sodium: 661.19mg (28.75%), Alcohol: 1.03g (100%), Alcohol %: 0.48% (100%), Protein: 24.03g (48.06%), Vitamin A: 6081.58IU (121.63%), Vitamin B6: 0.81mg (40.73%), Selenium: 26.49µg (37.84%), Vitamin B3: 7.47mg (37.33%), Phosphorus: 277.03mg (27.7%), Vitamin C: 18.18mg (22.03%), Potassium: 747.05mg (21.34%), Vitamin B5: 1.8mg (17.99%), Vitamin B2: 0.26mg (15.18%), Manganese: 0.28mg (14.06%), Zinc: 2.09mg (13.97%), Fiber: 3.44g (13.78%), Magnesium: 51.96mg (12.99%), Vitamin B1: 0.19mg (12.63%), Vitamin B12: 0.73µg (12.13%), Iron: 2.16mg (11.99%), Vitamin K: 10.83µg (10.31%), Copper: 0.2mg (10.22%), Folate: 32.3µg (8.07%), Calcium: 43.02mg (4.3%), Vitamin E: 0.33mg (2.18%)