



## Busy Day Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



545 min.

SERVINGS



8

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups barbecue sauce prepared
- 4 pound chicken whole

### Equipment

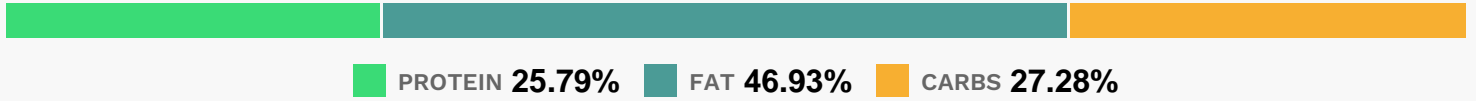
- slow cooker

### Directions

- Put chicken, legs up, into slow cooker.

- Pour sauce over and inside the chicken. Cover.
- Cook for 8 to 10 hours on low setting. It is not a good idea to check it, as steam escapes and it takes quite awhile to reheat.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.6060868242513%

### Nutrients (% of daily need)

Calories: 326.29kcal (16.31%), Fat: 16.73g (25.74%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 21.4g (7.78%), Sugar: 17.8g (19.78%), Cholesterol: 81.65mg (27.22%), Sodium: 628.54mg (27.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.38%), Vitamin B3: 7.72mg (38.62%), Selenium: 16.37µg (23.39%), Vitamin B6: 0.42mg (21.06%), Phosphorus: 170.75mg (17.08%), Vitamin B5: 1.08mg (10.79%), Zinc: 1.52mg (10.12%), Vitamin B2: 0.16mg (9.45%), Potassium: 330.16mg (9.43%), Iron: 1.32mg (7.35%), Magnesium: 28.74mg (7.19%), Vitamin B12: 0.34µg (5.62%), Vitamin A: 272.53IU (5.45%), Vitamin B1: 0.08mg (5.18%), Vitamin E: 0.76mg (5.04%), Copper: 0.09mg (4.54%), Manganese: 0.09mg (4.41%), Calcium: 29.67mg (2.97%), Vitamin C: 2.06mg (2.5%), Vitamin K: 2.6µg (2.47%), Fiber: 0.48g (1.93%), Folate: 7.6µg (1.9%), Vitamin D: 0.22µg (1.45%)