



Chicken Broth in a Slow Cooker



Gluten Free



Dairy Free

READY IN



615 min.

SERVINGS



5

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 2.5 pounds chicken pieces bone-in
- ☐ 1 tablespoon basil dried
- ☐ 1 onion quartered
- ☐ 6 cups water

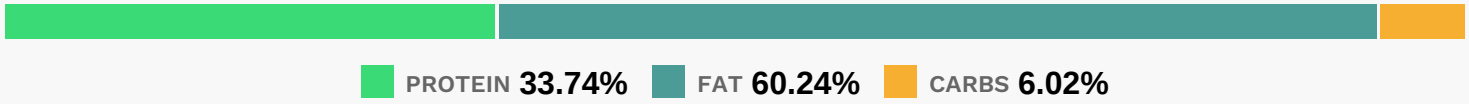
Equipment

- ☐ slow cooker

Directions

- ☐
- Place the chicken pieces, water, celery, carrots, onion, and basil in a slow cooker.
- ☐
- Cook on Low setting for 8 to 10 hours. Strain before using, and discard vegetables. Chicken may be removed from the bones, and used in soup.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:17.416522046794%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 354.48kcal (17.72%), Fat: 23.37g (35.95%), Saturated Fat: 6.69g (41.8%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 3.63g (1.32%), Sugar: 2.32g (2.57%), Cholesterol: 115.67mg (38.56%), Sodium: 153.27mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.45g (58.9%), Vitamin A: 4370.41IU (87.41%), Vitamin B3: 10.84mg (54.22%), Selenium: 22.43µg (32.04%), Vitamin B6: 0.62mg (31.12%), Phosphorus: 247.66mg (24.77%), Vitamin K: 24.03µg (22.88%), Vitamin B5: 1.54mg (15.43%), Zinc: 2.22mg (14.82%), Potassium: 464.32mg (13.27%), Vitamin B2: 0.22mg (13.17%), Iron: 2.26mg (12.54%), Magnesium: 46.26mg (11.56%), Manganese: 0.19mg (9.37%), Vitamin B1: 0.12mg (8.18%), Copper: 0.16mg (8.07%), Vitamin B12: 0.48µg (7.97%), Vitamin C: 6.04mg (7.32%), Folate: 26.31µg (6.58%), Fiber: 1.61g (6.46%), Calcium: 62.91mg (6.29%), Vitamin E: 0.76mg (5.05%), Vitamin D: 0.31µg (2.06%)