



Chicken Thighs With Carrots and Potatoes

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby carrots
- 0.3 cup chicken broth
- 0.3 cup chicken broth dry white
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon garlic minced
- 1 lb new potatoes
- 1 medium onion
- 1 teaspoon paprika

- 0.5 teaspoon pepper divided
- 1.3 teaspoons salt divided
- 6 skinned bone-in

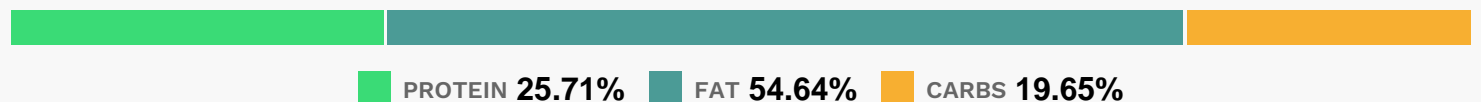
Equipment

- slow cooker

Directions

- Halve onion lengthwise, and cut into 1/4-inch-thick slices.
- Cut potatoes into 1/4-inch-thick slices.
- Place onion in a lightly greased 6-qt. slow cooker; top with potatoes and carrots.
- Combine broth, next 3 ingredients, 3/4 tsp. salt, and 1/4 tsp. pepper.
- Pour over vegetables.
- Combine paprika and remaining 1/2 tsp. salt and 1/4 tsp. pepper; rub over chicken. Arrange chicken on top of vegetables.
- Cover and cook on LOW 6 hours or until chicken is done and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:10.16, Inflammation Score:-10, Nutrition Score:19.944347876569%

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 Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 408.05kcal (20.4%), Fat: 24.22g (37.26%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 16.19g (5.89%), Sugar: 3.58g (3.98%), Cholesterol: 141.81mg (47.27%), Sodium: 671.51mg (29.2%), Alcohol: 1.03g (100%), Alcohol %: 0.43% (100%), Protein: 25.64g (51.28%), Vitamin A: 6166.82IU (123.34%), Vitamin B6: 0.8mg (40.24%), Selenium: 27.88µg (39.83%), Vitamin B3: 7.84mg (39.21%), Phosphorus: 293.1mg (29.31%), Potassium: 763.84mg (21.82%), Vitamin C: 17.56mg (21.28%), Vitamin B5: 1.9mg (19.05%), Vitamin B12: 0.93µg (15.45%), Vitamin B2: 0.25mg (14.58%), Zinc: 2.18mg (14.51%), Manganese: 0.29mg (14.29%), Fiber: 3.41g (13.65%), Magnesium: 53.24mg (13.31%), Vitamin B1: 0.19mg (12.93%), Iron: 2.21mg (12.29%), Copper: 0.21mg (10.71%), Vitamin K: 10.57µg (10.07%), Folate: 31.97µg (7.99%), Calcium: 44.08mg (4.41%), Vitamin E: 0.42mg (2.83%)