



## Chicken with Carrots and Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baby carrots
- 0.5 teaspoon pepper black divided freshly ground
- 36 ounce chicken thighs bone-in
- 0.5 cup cooking wine dry white
- 1 tablespoon thyme leaves fresh chopped
- 1 teaspoon garlic minced
- 0.5 cup lower-sodium chicken broth fat-free
- 1 teaspoon olive oil

- 1.8 cups onion vertically sliced
- 1 teaspoon paprika
- 1 pound round potatoes red cut into 1/4-inch slices
- 0.8 teaspoon salt divided

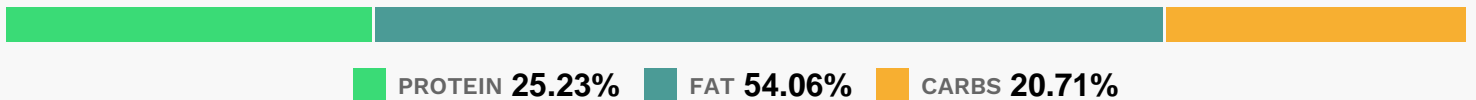
## Equipment

- frying pan
- slow cooker

## Directions

- Place onion in a 6-quart electric slow cooker coated with cooking spray; top with carrots and potatoes.
- Combine broth, next 3 ingredients, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- Pour over vegetables.
- Combine paprika, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; rub over chicken.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add chicken. Cook 3 minutes on each side or until browned. Arrange chicken on top of vegetables.
- Cover and cook on LOW for 3 1/2 hours or until chicken is done and vegetables are tender.
- Garnish with additional thyme, if desired.

## Nutrition Facts



## Properties

Glycemic Index:27.33, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:20.389130486094%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg

## **Nutrients (% of daily need)**

Calories: 429.98kcal (21.5%), Fat: 24.96g (38.4%), Saturated Fat: 6.64g (41.49%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 17.87g (6.5%), Sugar: 5.22g (5.8%), Cholesterol: 141.69mg (47.23%), Sodium: 488.9mg (21.26%), Alcohol: 2.06g (100%), Alcohol %: 0.74% (100%), Protein: 26.2g (52.41%), Vitamin A: 6223.3IU (124.47%), Selenium: 28.15µg (40.22%), Vitamin B3: 7.96mg (39.78%), Vitamin B6: 0.75mg (37.66%), Phosphorus: 306.95mg (30.69%), Potassium: 882.81mg (25.22%), Vitamin B5: 1.94mg (19.36%), Manganese: 0.33mg (16.67%), Vitamin C: 13.09mg (15.87%), Vitamin B12: 0.93µg (15.42%), Zinc: 2.28mg (15.18%), Vitamin B2: 0.26mg (15.04%), Fiber: 3.65g (14.59%), Magnesium: 57.91mg (14.48%), Vitamin B1: 0.21mg (13.76%), Iron: 2.36mg (13.1%), Copper: 0.25mg (12.47%), Vitamin K: 10.46µg (9.96%), Folate: 39.26µg (9.82%), Calcium: 52.63mg (5.26%), Vitamin E: 0.52mg (3.44%)