



WHATSheATE



Chicken with Carrots and Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 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 wine dry white
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup beef broth fat-free
- ☐ 1 teaspoon olive oil

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

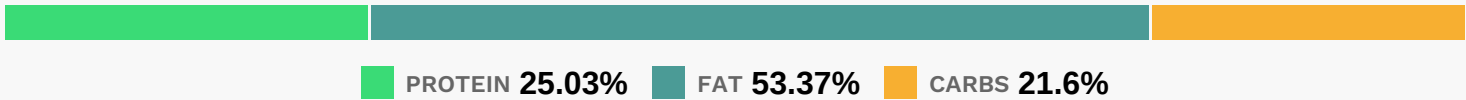
Equipment

- ☐ 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:41.29, Glycemic Load:10.84, Inflammation Score:0, Nutrition Score:20.982608605986%

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: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg

Nutrients (% of daily need)

Calories: 435.27kcal (21.76%), Fat: 24.92g (38.34%), Saturated Fat: 6.63g (41.44%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 18.67g (6.79%), Sugar: 4.83g (5.37%), Cholesterol: 141.69mg (47.23%), Sodium: 479.83mg (20.86%), Alcohol: 2.06g (100%), Alcohol %: 0.74% (100%), Protein: 26.3g (52.61%), Vitamin A: 6219.52IU (124.39%), Vitamin B6: 0.85mg (42.38%), Selenium: 28µg (40%), Vitamin B3: 7.88mg (39.42%), Phosphorus: 303.92mg (30.39%), Vitamin C: 21.48mg (26.04%), Potassium: 857.11mg (24.49%), Vitamin B5: 1.95mg (19.49%), Manganese: 0.34mg (17.13%), Fiber: 4.03g (16.1%), Vitamin B12: 0.93µg (15.42%), Vitamin B2: 0.26mg (15.09%), Zinc: 2.25mg (14.98%), Magnesium: 58.67mg (14.67%), Vitamin B1: 0.21mg (13.71%), Iron: 2.39mg (13.31%), Copper: 0.23mg (11.49%), Folate: 37.75µg (9.44%), Vitamin K: 9.7µg (9.24%), Calcium: 54.14mg (5.41%), Vitamin E: 0.52mg (3.44%)