



Dee's Special Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon rosemary dried
- 1 teaspoon sage dried
- 1 teaspoon thyme leaves dried
- 2 sprigs parsley fresh for garnish
- 6 cloves garlic
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

Equipment

slow cooker

Directions

Salt and pepper the chicken breasts and broil them until golden brown.

Place the chicken in a slow cooker with the rosemary, sage, thyme, garlic and beer. Cook on high for 3 to 4 hours.

Remove the chicken breasts, garnish with parsley and serve.

Nutrition Facts

 **PROTEIN 74.29%** **FAT 20.48%** **CARBS 5.23%**

Properties

Glycemic Index:33, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:12.086521542591%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 136.56kcal (6.83%), Fat: 2.98g (4.58%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.05g (0.06%), Cholesterol: 72.32mg (24.11%), Sodium: 326.07mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.64%), Vitamin B3: 11.84mg (59.19%), Selenium: 36.81µg (52.59%), Vitamin B6: 0.91mg (45.26%), Phosphorus: 245.02mg (24.5%), Vitamin B5: 1.64mg (16.39%), Potassium: 441.5mg (12.61%), Vitamin K: 13.22µg (12.59%), Magnesium: 31.47mg (7.87%), Vitamin B2: 0.12mg (7.04%), Manganese: 0.11mg (5.72%), Vitamin B1: 0.08mg (5.56%), Zinc: 0.73mg (4.87%), Iron: 0.85mg (4.73%), Vitamin C: 3.57mg (4.33%), Vitamin B12: 0.23µg (3.77%), Copper: 0.05mg (2.37%), Calcium: 20.06mg (2.01%), Vitamin A: 88.18IU (1.76%), Vitamin E: 0.24mg (1.62%), Folate: 6.25µg (1.56%)