



8%
HEALTH SCORE

Easy Slow Cooker Whole Chicken With Rosemary

 Gluten Free

READY IN



430 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 lb chicken
- 1 tbsp olive oil extra virgin
- 2 large optional: lemon quartered
- 1 medium onion halved
- 1 tsp paprika
- 1 tsp pepper
- 1 bunch rosemary halved

- 1 tsp salt
- 2 tbsp butter unsalted
- 0.5 cup water

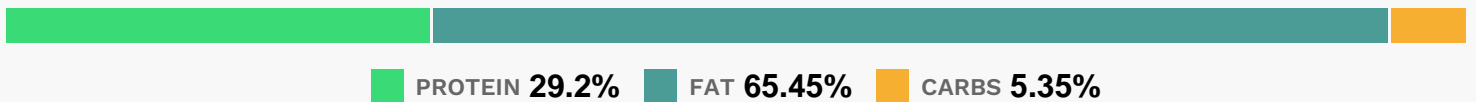
Equipment

- bowl
- aluminum foil
- slow cooker

Directions

- Combine all seasonings in a small bowl, reserving half of the rosemary. Baste the chicken with unsalted butter and olive oil and then cover with seasonings.
- Add half of the onion, lemons, and rosemary to the inner cavity of the chicken.
- Roll up three small lemon-sized balls of foil and place in the bottom of the slow cooker.
- Place half of lemons and onion with water into the bottom of the slow cooker.
- Add remaining rosemary to the top of the chicken. Cover and cook on low for 7–8 hours, or high for 4–5 hours.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:13.97347826087%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Taste

Sweetness: 12.53%, Saltiness: 100%, Sourness: 49.04%, Bitterness: 43.32%, Savoriness: 69.85%, Fattiness: 62%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 426.44kcal (21.32%), Fat: 31g (47.7%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.02g (1.46%), Sugar: 1.72g (1.91%), Cholesterol: 132.65mg (44.22%), Sodium: 505.39mg (21.97%), Protein: 31.12g (62.23%), Vitamin B3: 11.21mg (56.05%), Selenium: 23.85µg (34.08%), Vitamin B6: 0.64mg (31.87%), Vitamin C: 23.26mg (28.19%), Phosphorus: 254.22mg (25.42%), Vitamin B5: 1.6mg (15.96%), Zinc: 2.23mg (14.87%), Vitamin B2: 0.22mg (12.73%), Potassium: 402.66mg (11.5%), Vitamin A: 556.24IU (11.12%), Iron: 1.95mg (10.85%), Magnesium: 39.66mg (9.91%), Vitamin B12: 0.51µg (8.57%), Vitamin B1: 0.12mg (8.29%), Vitamin E: 1.11mg (7.39%), Fiber: 1.68g (6.72%), Manganese: 0.12mg (6.07%), Copper: 0.11mg (5.6%), Vitamin K: 5.11µg (4.87%), Folate: 18.65µg (4.66%), Calcium: 40.15mg (4.02%), Vitamin D: 0.4µg (2.65%)