



Honey-Garlic Slow Cooker Chicken Thighs



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 teaspoon basil dried



3 cloves garlic minced



0.3 cup honey



0.5 cup catsup



4 chicken thighs boneless skinless



0.5 cup soya sauce

Equipment



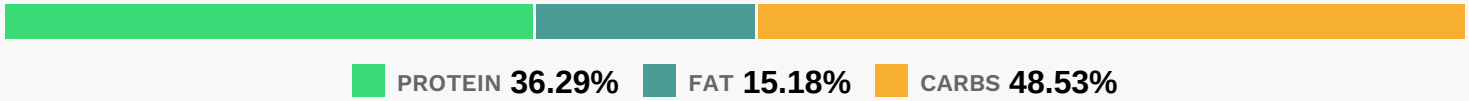
bowl

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Lay chicken thighs into the bottom of a 4-quart slow cooker.
- ☐ Whisk soy sauce, ketchup, honey, garlic, and basil together in a bowl; pour over the chicken.
- ☐ Cook on Low for 6 hours.

Nutrition Facts



Properties

Glycemic Index:24.32, Glycemic Load:12.56, Inflammation Score:-3, Nutrition Score:12.51304365241%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 271.98kcal (13.6%), Fat: 4.72g (7.27%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 33.46g (12.17%), Sugar: 30.1g (33.45%), Cholesterol: 107.35mg (35.78%), Sodium: 1994.31mg (86.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.82%), Vitamin B3: 7.95mg (39.74%), Selenium: 26.53µg (37.9%), Vitamin B6: 0.65mg (32.31%), Phosphorus: 262.07mg (26.21%), Vitamin B2: 0.31mg (18.24%), Vitamin B5: 1.51mg (15.14%), Manganese: 0.28mg (13.86%), Zinc: 2mg (13.33%), Potassium: 452.92mg (12.94%), Vitamin B12: 0.72µg (12.05%), Iron: 2.08mg (11.56%), Magnesium: 44.4mg (11.1%), Vitamin B1: 0.13mg (8.45%), Vitamin K: 8.5µg (8.1%), Copper: 0.15mg (7.5%), Vitamin E: 0.67mg (4.47%), Vitamin A: 183.08IU (3.66%), Folate: 13.85µg (3.46%), Calcium: 31.84mg (3.18%), Vitamin C: 2.08mg (2.52%), Fiber: 0.52g (2.08%)