



Kathy's Delicious Whole Slow Cooker Chicken



Gluten Free



Dairy Free



Popular

READY IN



495 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 3 pound meat from a rotisserie chicken whole skinless
- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup honey
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon sesame oil

- ☐ 0.3 cup soya sauce
- ☐ 1 teaspoon worcestershire sauce

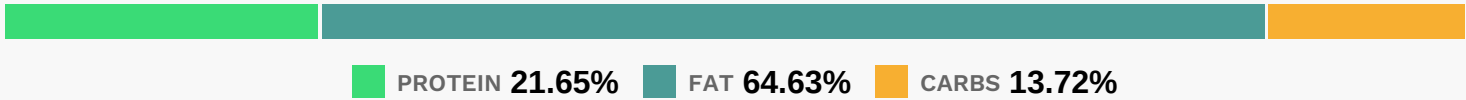
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ Remove skin from chicken, and empty inner cavity of contents within. Pat chicken dry with a paper towel, and place inside the slow cooker.
- ☐ In a bowl, stir together the chicken broth, soy sauce, olive oil, honey, Worcestershire sauce, balsamic vinegar, lemon juice, sesame oil, and minced garlic.
- ☐ Pour mixture over chicken, and cover.
- ☐ Cook chicken on low setting for 8 hours, or 4 hours on high setting.

Nutrition Facts



Properties

Glycemic Index:24.55, Glycemic Load:6.55, Inflammation Score:-2, Nutrition Score:9.4878261711286%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 404.45kcal (20.22%), Fat: 29.13g (44.82%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 13.72g (4.99%), Sugar: 12.32g (13.69%), Cholesterol: 82.04mg (27.35%), Sodium: 883.49mg (38.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.91%), Vitamin B3: 8mg (40%), Selenium:

16.36µg (23.37%), Vitamin B6: 0.44mg (22.2%), Phosphorus: 183.26mg (18.33%), Vitamin E: 2.08mg (13.85%), Vitamin B5: 1.07mg (10.69%), Zinc: 1.56mg (10.41%), Vitamin B2: 0.17mg (10.1%), Vitamin K: 9µg (8.57%), Iron: 1.54mg (8.55%), Potassium: 266.34mg (7.61%), Manganese: 0.15mg (7.61%), Magnesium: 28.5mg (7.13%), Vitamin B12: 0.34µg (5.69%), Vitamin B1: 0.08mg (5.56%), Copper: 0.09mg (4.42%), Vitamin C: 3.42mg (4.14%), Vitamin A: 153.93IU (3.08%), Folate: 9.63µg (2.41%), Calcium: 22.75mg (2.28%), Vitamin D: 0.22µg (1.45%)