



Slow-Cooker Chicken Pot Roast Dinner

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

READY IN



505 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb potatoes unpeeled cut into 1-inch pieces (3 cups) (6 to 8)
- 2 cups baby carrots
- 1 cup onion whole frozen thawed (from 1-lb bag)
- 1.3 lb chicken thighs boneless skinless
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 12 oz campbell's chicken gravy
- 1.5 cups peas sweet frozen thawed

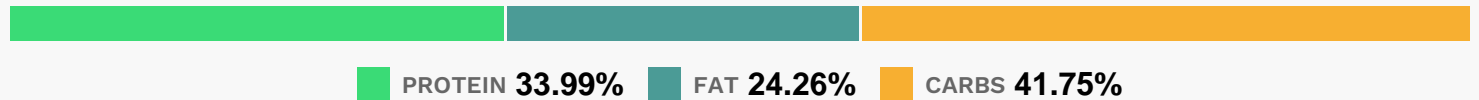
Equipment

slow cooker

Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, place potatoes, carrots and thawed onions.
- Sprinkle chicken with salt and pepper; place over vegetables in cooker.
- Pour gravy over top.
- Cover; cook on Low heat setting 8 to 10 hours.
- Stir in thawed peas. Increase heat setting to High. Cover; cook about 15 minutes longer or until peas are tender.

Nutrition Facts



Properties

Glycemic Index:31.18, Glycemic Load:11.62, Inflammation Score:-10, Nutrition Score:21.234347841014%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 264.29kcal (13.21%), Fat: 7.06g (10.86%), Saturated Fat: 2g (12.51%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 21.91g (7.97%), Sugar: 6.77g (7.52%), Cholesterol: 94.31mg (31.44%), Sodium: 568.64mg (24.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.53%), Vitamin A: 6378.21IU (127.56%), Vitamin C: 32.48mg (39.36%), Vitamin B6: 0.78mg (39.09%), Vitamin B3: 7.1mg (35.5%), Selenium: 22.76µg (32.51%), Phosphorus: 278.7mg (27.87%), Potassium: 778.89mg (22.25%), Fiber: 5.43g (21.72%), Manganese: 0.38mg (19.2%), Vitamin B1: 0.27mg (17.8%), Vitamin K: 17.35µg (16.53%), Vitamin B5: 1.6mg (16%), Vitamin B2: 0.26mg (15.41%), Zinc: 2.22mg (14.83%), Magnesium: 58.09mg (14.52%), Folate: 56.03µg (14.01%), Iron: 2.32mg (12.89%), Copper: 0.25mg (12.61%), Vitamin B12: 0.6µg (10.08%), Calcium: 46.73mg (4.67%), Vitamin E: 0.23mg (1.54%)