



Slow Cooker Chicken Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



405 min.

SERVINGS



10

CALORIES



28 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 0.5 teaspoon pepper black as needed freshly ground plus more
- 4 medium carrots peeled cut into large dice
- 3 medium celery stalks
- 0.5 teaspoon thyme dried
- 1 tablespoon kosher salt as needed plus more
- 1 tablespoon olive oil
- 2 tablespoons parsley fresh italian coarsely chopped

- 2 quarts water
- 1 medium onion yellow

Equipment

- bowl
- baking sheet
- paper towels
- slow cooker
- cutting board

Directions

- Place the water, carrots, celery, onion, and bay leaf in a 6-quart or larger slow cooker and stir to combine; set aside.
- Place the measured salt, measured pepper, and thyme in a small bowl and stir to combine; set aside.
- Place the chicken on a work surface or cutting board and pat it dry with paper towels.
- Cut off and discard any extra fat hanging around the body cavity.
- Drizzle the oil on the chicken and rub it all over the skin. Season inside and out with the thyme mixture.
- Place the chicken on top of the vegetables in the slow cooker. Cover and cook until the chicken is cooked through and falling off the bones, about 6 hours on high or 8 hours on low.
- Transfer the chicken to a rimmed baking sheet. When it's cool enough to handle but still warm, use your hands to shred the meat into bite-sized pieces (discard the skin, cartilage, and bones). Return the shredded chicken to the slow cooker and add the parsley.
- Add the rice or noodles, if using, and stir to combine. Taste and season with salt and pepper as needed.

Nutrition Facts



PROTEIN 5.43% **FAT 45.84%** **CARBS 48.73%**

Properties

Glycemic Index:16.98, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:5.9491305299427%

Flavonoids

Apigenin: 1.76mg, Apigenin: 1.76mg, Apigenin: 1.76mg, Apigenin: 1.76mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 27.66kcal (1.38%), Fat: 1.49g (2.29%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.65g (1.83%), Cholesterol: 0mg (0%), Sodium: 725.87mg (31.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.79%), Vitamin A: 4152.33IU (83.05%), Vitamin K: 18.6µg (17.71%), Vitamin C: 3.38mg (4.1%), Fiber: 0.96g (3.85%), Manganese: 0.07mg (3.55%), Potassium: 103.64mg (2.96%), Vitamin E: 0.38mg (2.53%), Copper: 0.05mg (2.48%), Vitamin B6: 0.05mg (2.46%), Folate: 8.55µg (2.14%), Calcium: 19.76mg (1.98%), Magnesium: 6.76mg (1.69%), Vitamin B1: 0.02mg (1.5%), Vitamin B3: 0.27mg (1.35%), Iron: 0.24mg (1.32%), Phosphorus: 12.75mg (1.28%), Vitamin B2: 0.02mg (1.12%)