



Slow-Cooker Chicken-Vegetable Chowder

READY IN



460 min.

SERVINGS



5

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken thighs boneless skinless cut into 1-inch pieces
- 1 cup baby carrots cut in half lengthwise
- 1 cup mushrooms fresh sliced
- 0.5 cup onion chopped
- 0.5 cup water
- 0.3 teaspoon garlic powder
- 0.1 teaspoon thyme leaves dried
- 14 oz chicken broth canned
- 10.8 oz cream of chicken soup 30% with less sodium canned

- 0.5 cup milk
- 3 tablespoons flour all-purpose
- 9 oz broccoli frozen thawed

Equipment

- bowl
- whisk
- slow cooker

Directions

- In 3- to 4-quart slow cooker, mix chicken, carrots, mushrooms, onion, water, garlic powder, thyme and broth.
- Cover; cook on Low heat setting 7 to 9 hours.
- About 35 minutes before serving, skim fat from slow cooker. In small bowl, beat soup, milk and flour with wire whisk until smooth.
- Add soup mixture and broccoli to chicken mixture. Cover; cook on Low heat setting 30 minutes longer or until broccoli is tender.

Nutrition Facts



Properties

Glycemic Index:59.4, Glycemic Load:5.93, Inflammation Score:-10, Nutrition Score:27.033913062966%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 378.16kcal (18.91%), Fat: 14.81g (22.78%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 14.72g (5.35%), Sugar: 4.66g (5.18%), Cholesterol: 133.68mg (44.56%), Sodium: 940.27mg

(40.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.67g (85.34%), Vitamin A: 4163.58IU (83.27%), Selenium: 41.66µg (59.52%), Vitamin K: 61.56µg (58.63%), Vitamin C: 47.91mg (58.08%), Vitamin B3: 8.68mg (43.42%), Phosphorus: 402.17mg (40.22%), Vitamin B6: 0.73mg (36.47%), Vitamin B2: 0.47mg (27.93%), Zinc: 4.06mg (27.06%), Vitamin B12: 1.51µg (25.23%), Potassium: 723.42mg (20.67%), Vitamin B5: 2.02mg (20.2%), Iron: 3.36mg (18.67%), Folate: 60.13µg (15.03%), Copper: 0.3mg (14.9%), Magnesium: 59.34mg (14.83%), Vitamin B1: 0.21mg (13.74%), Manganese: 0.27mg (13.27%), Fiber: 2.68g (10.7%), Calcium: 95.96mg (9.6%), Vitamin E: 1.17mg (7.77%), Vitamin D: 0.39µg (2.57%)