



Slow Cooker Chicken with Tarragon and Leeks

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baby new potatoes (16)
- ☐ 1 cup cooking wine dry white
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 3 leeks light white green rinsed halved lengthwise cut into 1 1/2-inch pieces (and parts only)
- ☐ 0.5 cup yogurt low-fat greek-style
- ☐ 10 ounce peas frozen thawed
- ☐ 1.5 pounds chicken thighs bone-in skinless

☐ 0.3 cup milk whole

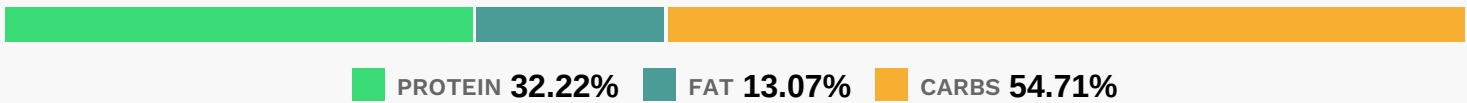
Equipment

☐ slow cooker

Directions

- ☐ Place potatoes in a 4- to 6-quart slow cooker.
- ☐ Add chicken, leeks, wine, and salt.
- ☐ Cover; cook on high for 34 hours or on low for 67 hours until chicken and potatoes are tender.
- ☐ Transfer chicken and all but 4 potatoes evenly to plates. Use a fork to smash remaining potatoes into cooking liquid.
- ☐ Add peas, milk, and yogurt; cook for about 10 minutes or just until heated through. Spoon over chicken, and sprinkle with tarragon.

Nutrition Facts



Properties

Glycemic Index:70.77, Glycemic Load:28.25, Inflammation Score:-9, Nutrition Score:33.295651902323%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 432.36kcal (21.62%), Fat: 5.7g (8.77%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 44.59g (16.21%), Sugar: 10.32g (11.47%), Cholesterol: 100.65mg (33.55%), Sodium: 720.11mg (31.31%), Alcohol: 6.18g (100%), Alcohol %: 1.51% (100%), Protein: 31.62g (63.23%), Vitamin C: 70.74mg (85.75%), Vitamin B6: 1.33mg (66.59%), Manganese: 1.1mg (55.12%), Vitamin K: 55.44µg (52.8%), Vitamin B3: 9.54mg (47.68%), Phosphorus: 458.52mg (45.85%), Selenium: 28.52µg (40.74%), Potassium: 1420.55mg (40.59%), Fiber: 9.11g (36.45%), Vitamin A: 1790.24IU (35.8%), Vitamin B1: 0.48mg (32.05%), Folate: 127.23µg (31.81%), Magnesium:

121.95mg (30.49%), Iron: 5.34mg (29.65%), Vitamin B2: 0.48mg (28.2%), Copper: 0.46mg (23.24%), Zinc: 3.36mg (22.41%), Vitamin B5: 2.08mg (20.81%), Calcium: 165.15mg (16.52%), Vitamin B12: 0.94µg (15.63%), Vitamin E: 0.92mg (6.13%), Vitamin D: 0.22µg (1.49%)