



Slow-Cooker Creamy Herbed Chicken Stew

READY IN



455 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots
- ☐ 2 yukon gold potatoes cut into 1 1/2-inch pieces
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup celery sliced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 1.5 cups chicken broth (from 32-ounce carton)

- ☐ 1 cup snow peas
- ☐ 0.5 cup whipping cream (heavy)
- ☐ 0.3 cup flour all-purpose

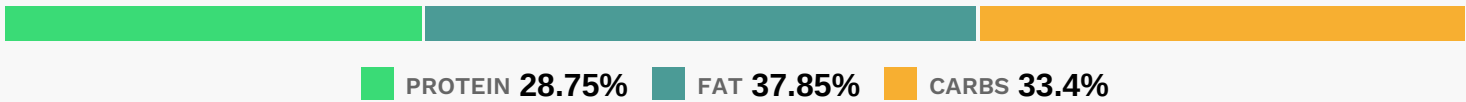
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Place carrots, potatoes, onion and celery in 3 1/2- to 5-quart slow cooker.
- ☐ Sprinkle half of the thyme, the salt and pepper over vegetables in slow cooker.
- ☐ Place chicken on vegetables.
- ☐ Pour broth over top.
- ☐ Cover and cook on low heat setting 7 to 8 hours or until juice of chicken is clear when center of thickest part is cut (180°F) and vegetables are tender.
- ☐ Add pea pods; cook 5 to 10 minutes or until crisp-tender.
- ☐ Remove chicken and vegetables from slow cooker to serving bowl, using slotted spoon. Cover with aluminum foil; keep warm. Increase cooker to high heat setting.
- ☐ Mix whipping cream, flour and remaining thyme; stir into liquid in cooker. Cover and cook about 10 minutes or until thickened.
- ☐ Pour over chicken and vegetables.

Nutrition Facts



Properties

Glycemic Index:73.69, Glycemic Load:15.69, Inflammation Score:-10, Nutrition Score:25.305652369624%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 378.55kcal (18.93%), Fat: 15.92g (24.5%), Saturated Fat: 8.1g (50.61%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 26.39g (9.6%), Sugar: 6.98g (7.75%), Cholesterol: 143.11mg (47.7%), Sodium: 648.37mg (28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.22g (54.43%), Vitamin A: 9641.44IU (192.83%), Vitamin B6: 0.91mg (45.55%), Selenium: 30.68µg (43.83%), Vitamin C: 35.96mg (43.59%), Vitamin B3: 8.48mg (42.4%), Phosphorus: 330.18mg (33.02%), Potassium: 955.6mg (27.3%), Vitamin B2: 0.43mg (25.43%), Manganese: 0.46mg (23.12%), Vitamin B5: 2.23mg (22.3%), Vitamin B1: 0.32mg (21.6%), Vitamin K: 22µg (20.96%), Fiber: 5.22g (20.87%), Iron: 3.27mg (18.17%), Folate: 69.78µg (17.45%), Magnesium: 67mg (16.75%), Zinc: 2.39mg (15.96%), Copper: 0.28mg (14.16%), Vitamin B12: 0.79µg (13.18%), Calcium: 88.07mg (8.81%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.48µg (3.17%)