



Slow-Cooker Creamy Herbed Chicken Stew (Cooking for 2)

READY IN



395 min.

SERVINGS



2

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots
- 0.3 cup celery sliced
- 0.8 cup chicken broth (from 32-ounce carton)
- 2 tablespoons flour all-purpose
- 0.3 cup onion chopped
- 0.5 cup snow peas
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

- 0.5 pound chicken thighs boneless skinless
- 0.5 teaspoon thyme leaves dried
- 0.3 cup whipping cream (heavy)
- 1 yukon gold potatoes cut into 1 1/2-inch pieces

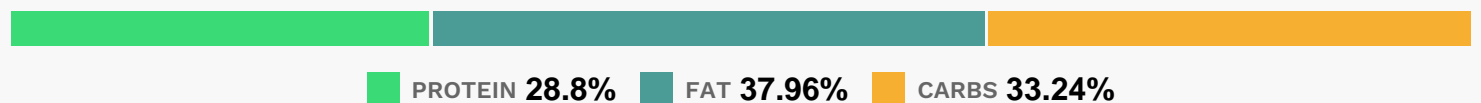
Equipment

- bowl
- aluminum foil
- slotted spoon
- slow cooker

Directions

- Place carrots, potato, onion and celery in 2 1/2- to 3 1/2-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 6 to 7 hours or until juice of chicken is clear when center of thickest part is cut (180F) 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:147.38, Glycemic Load:15.52, Inflammation Score:-10, Nutrition Score:25.263478362042%

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: 377.41kcal (18.87%), Fat: 15.92g (24.49%), Saturated Fat: 8.1g (50.61%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 26.16g (9.51%), Sugar: 6.98g (7.75%), Cholesterol: 143.11mg (47.7%), Sodium: 648.36mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.37%), Vitamin A: 9641.44IU (192.83%), Vitamin B6: 0.91mg (45.55%), Selenium: 30.58µg (43.68%), Vitamin C: 35.96mg (43.59%), Vitamin B3: 8.46mg (42.31%), Phosphorus: 329.85mg (32.98%), Potassium: 955.27mg (27.29%), Vitamin B2: 0.43mg (25.34%), Manganese: 0.46mg (23.02%), Vitamin B5: 2.23mg (22.29%), Vitamin B1: 0.32mg (21.44%), Vitamin K: 22µg (20.96%), Fiber: 5.21g (20.84%), Iron: 3.26mg (18.09%), Folate: 69.21µg (17.3%), Magnesium: 66.93mg (16.73%), Zinc: 2.39mg (15.95%), Copper: 0.28mg (14.14%), Vitamin B12: 0.79µg (13.18%), Calcium: 88.02mg (8.8%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.48µg (3.17%)