



Slow-Cooker Garden Harvest Chicken Soup



Gluten Free



Dairy Free

READY IN



525 min.

SERVINGS



6

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken thighs boneless skinless cut into 3/4-inch pieces
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 2 medium potatoes – remove skin red unpeeled cut into 1/2-inch pieces (2 cups)
- ☐ 1 cup carrots sliced
- ☐ 0.5 cup onion coarsely chopped
- ☐ 32 oz chicken broth (4 cups)
- ☐ 2 cups cauliflower florets
- ☐ 1.5 cups to 3 sized squashes yellow coarsely chopped

☐ 2 tablespoons basil fresh chopped

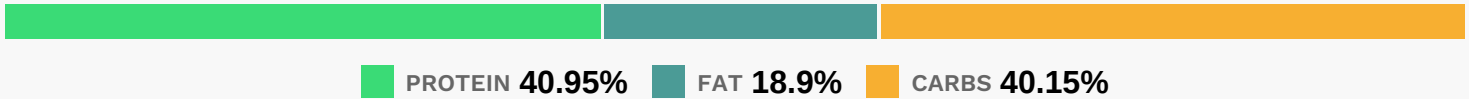
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat.
- ☐ Add chicken to skillet; sprinkle with peppered seasoned salt. Cook 6 to 8 minutes, stirring occasionally, until brown.
- ☐ Mix chicken and remaining ingredients except broccoli, squash and basil in 3 1/2- to 4-quart slow cooker.
- ☐ Cover and cook on Low heat setting 7 to 8 hours.
- ☐ Stir in broccoli, squash and basil. Increase heat setting to High. Cover and cook 15 to 20 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:34.64, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:17.586087019547%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 175.82kcal (8.79%), Fat: 3.74g (5.75%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 14.85g (5.4%), Sugar: 4.4g (4.89%), Cholesterol: 74.84mg (24.95%), Sodium: 1054.43mg (45.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.44%), Vitamin A: 3682.02IU (73.64%), Vitamin C: 29.34mg (35.56%), Vitamin B6: 0.63mg (31.33%), Vitamin B3: 5.91mg (29.53%), Selenium: 18.39µg (26.28%),

Potassium: 798.94mg (22.83%), Phosphorus: 227.84mg (22.78%), Vitamin B2: 0.32mg (18.92%), Manganese: 0.34mg (16.96%), Vitamin K: 15.9µg (15.14%), Vitamin B5: 1.46mg (14.61%), Vitamin B1: 0.21mg (13.86%), Folate: 50.04µg (12.51%), Magnesium: 48.65mg (12.16%), Fiber: 3.02g (12.08%), Zinc: 1.74mg (11.61%), Copper: 0.21mg (10.26%), Iron: 1.58mg (8.8%), Vitamin B12: 0.51µg (8.57%), Calcium: 43.05mg (4.3%), Vitamin E: 0.41mg (2.75%)