



Slow Cooker Honey Dijon Chicken



Gluten Free



Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds chicken (we used thighs)
- ☐ 1 ounce packet of ranch dressing seasoning
- ☐ 4 tablespoons brown mustard
- ☐ 4 tablespoons honey
- ☐ 16 ounces chicken broth
- ☐ 2 tablespoons thyme leaves fresh chopped

Equipment

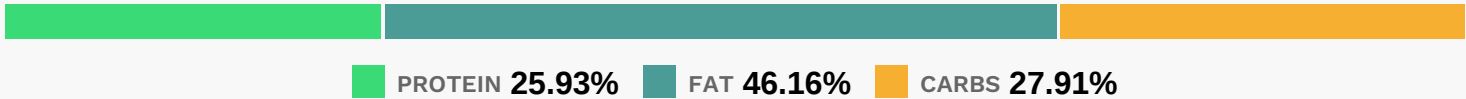
- ☐ sieve

☐ slow cooker

Directions

- ☐ Place chicken into crock pot.
- ☐ Sprinkle Ranch seasoning over chicken along with mustard, honey, chicken broth and thyme. Stir with spoon, cover lid and let cook on low for 6–8 hours or on high for 4–5 hours.
- ☐ Remove chicken from crock pot and strain broth through a fine sieve to remove fats.
- ☐ Place chicken and broth back into crock pot.
- ☐ Add 2 more tablespoons of mustard and 2 more tablespoons of honey. Stir and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.78, Glycemic Load:4.64, Inflammation Score:–9, Nutrition Score:7.9313043615092%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 168.59kcal (8.43%), Fat: 8.86g (13.63%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.16g (3.69%), Sugar: 9.08g (10.09%), Cholesterol: 41.96mg (13.99%), Sodium: 250.05mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.39%), Vitamin K: 22.9µg (21.81%), Vitamin B3: 4.08mg (20.41%), Selenium: 10.39µg (14.84%), Manganese: 0.28mg (13.81%), Iron: 2.28mg (12.64%), Vitamin B6: 0.24mg (12%), Phosphorus: 98.08mg (9.81%), Vitamin B2: 0.13mg (7.78%), Fiber: 1.89g (7.58%), Calcium: 75.23mg (7.52%), Magnesium: 27.73mg (6.93%), Zinc: 0.96mg (6.42%), Vitamin E: 0.88mg (5.89%), Vitamin B5: 0.56mg (5.55%), Potassium: 181.23mg (5.18%), Vitamin C: 3.88mg (4.7%), Vitamin A: 221.07IU (4.42%), Vitamin B1: 0.06mg (3.98%), Copper: 0.08mg (3.85%), Folate: 14.28µg (3.57%), Vitamin B12: 0.18µg (3%)