



Slow Cooker Lemon and Thyme Chicken

 **Gluten Free**  **Dairy Free**

READY IN



385 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon thyme dried
- 0.5 cup wine dry white
- 1 teaspoon garlic crushed
- 2 optional: lemon
- 2 tablespoons olive oil
- 1 onion coarsely chopped
- 6 servings salt and pepper to taste
- 3 pound chicken whole

Equipment

- frying pan
- slow cooker

Directions

- Heat the olive oil in a large skillet over medium-high heat. Season the chicken with salt and pepper, then fry in the hot oil until browned on all sides.
- Meanwhile, chop one of the lemons into chunks and place into a slow cooker along with the onion, thyme, white wine and garlic.
- Cut the remaining lemon into quarters and stuff into the cavity of the chicken.
- Place the chicken into the slow cooker breast side down on top of the onion and lemon mixture. Cover and cook on Low for 6 hours, or for 3 hours on High. Chicken is done when the legs move easily in their sockets and the internal temperature of the breast has reached 160 degrees F (70 degrees C).

Nutrition Facts

PROTEIN 28.07% **FAT 64.06%** **CARBS 7.87%**

Properties

Glycemic Index:16.25, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:10.15434793804%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.12mg, Hesperetin: 10.12mg, Hesperetin: 10.12mg, Hesperetin: 10.12mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 310.69kcal (15.53%), Fat: 21.2g (32.62%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.47g (1.62%), Sugar: 1.88g (2.09%), Cholesterol: 81.65mg (27.22%), Sodium: 272.72mg (11.86%), Alcohol: 2.06g (100%), Alcohol %: 1.38% (100%), Protein: 20.91g (41.81%), Vitamin B3: 7.49mg (37.47%), Vitamin C: 22.42mg (27.17%), Selenium: 16.01µg (22.87%), Vitamin B6: 0.45mg (22.45%), Phosphorus: 175.8mg (17.58%), Vitamin B5: 1.09mg (10.94%), Zinc: 1.52mg (10.13%), Vitamin B2: 0.15mg (8.65%), Potassium: 299.84mg (8.57%), Iron: 1.53mg (8.5%), Magnesium: 28.98mg (7.25%), Vitamin E: 1.07mg (7.13%), Vitamin K: 7.46µg (7.11%), Vitamin B1: 0.09mg (6.07%), Vitamin B12: 0.34µg (5.62%), Fiber: 1.39g (5.57%), Manganese: 0.1mg (5.03%), Copper: 0.08mg (3.83%), Folate: 14.65µg (3.66%), Vitamin A: 167.07IU (3.34%), Calcium: 31.57mg (3.16%), Vitamin D: 0.22µg (1.45%)