



## Slow Cooker Lemon Garlic Chicken

 Gluten Free

READY IN



210 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 1 teaspoon chicken soup base
- 1 teaspoon parsley fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 3 tablespoons juice of lemon fresh
- 1 teaspoon oregano dried
- 0.5 teaspoon salt

- 2 pounds chicken breast halves boneless skinless
- 0.3 cup water

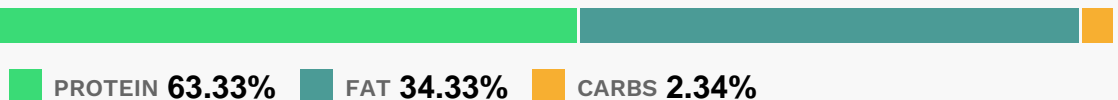
## Equipment

- bowl
- frying pan
- slow cooker

## Directions

- In a bowl, mix the oregano, salt, and pepper. Rub the mixture into chicken. Melt the butter in a skillet over medium heat. Brown chicken in butter for 3 to 5 minutes on each side.
- Place chicken in a slow cooker.
- In the same skillet, mix the water, lemon juice, garlic, and bouillon. Bring the mixture to boil.
- Pour over the chicken in the slow cooker.
- Cover, and cook on High for 3 hours, or Low for 6 hours.
- Add the parsley to the slow cooker 15 to 30 minutes before the end of the cook time.

## Nutrition Facts



## Properties

Glycemic Index:24.83, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:15.038260980793%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 210.95kcal (10.55%), Fat: 7.79g (11.98%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.27g (0.3%), Cholesterol: 106.84mg (35.61%), Sodium: 479.62mg (20.85%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.65%), Vitamin B3: 15.81mg (79.05%), Selenium: 48.69µg (69.56%), Vitamin B6: 1.15mg (57.63%), Phosphorus: 321.95mg (32.2%), Vitamin B5: 2.18mg (21.82%), Potassium: 578.76mg (16.54%), Magnesium: 41.45mg (10.36%), Vitamin B2: 0.16mg (9.32%), Vitamin B1: 0.1mg (6.79%), Vitamin C: 5.06mg (6.14%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.31µg (5.19%), Iron: 0.72mg (4%), Manganese: 0.07mg (3.43%), Vitamin A: 170.06IU (3.4%), Vitamin E: 0.47mg (3.14%), Vitamin K: 3.13µg (2.98%), Copper: 0.05mg (2.5%), Folate: 8.65µg (2.16%), Calcium: 17.69mg (1.77%), Vitamin D: 0.15µg (1.01%)