



Slow Cooker Lemon Honey and Dijon Chicken Dinner



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 baby potatoes red
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 10 cloves garlic fresh peeled
- ☐ 1 large handful haricot verts fresh french (green beans)

- ☐ 2 tablespoons honey
- ☐ 1 teaspoon kosher salt
- ☐ 1 optional: lemon seeds removed thinly sliced
- ☐ 2 cups pearl onions ends trimmed peeled
- ☐ 2 cups reduced sodium chicken broth
- ☐ 2 large chicken breasts boneless skinless

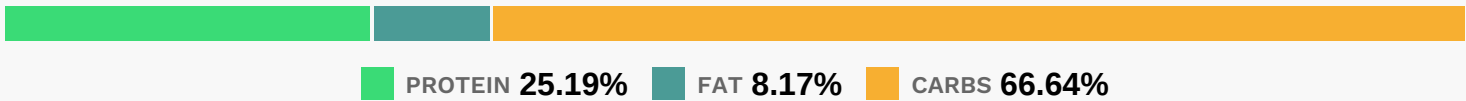
Equipment

- ☐ slow cooker

Directions

- ☐ Turn crock pot to the low setting.
- ☐ Place chicken breasts, potatoes, garlic, lemon, green beans, chicken broth, pearl onions, salt, and pepper into crock pot. Cover and cook on low for 6–8 hours or you can choose to cook on high for 3–4 hours.
- ☐ Remove lemon slices and chicken breasts. Discard lemon slices. Shred chicken and place back into crock pot. Stir in honey and Dijon then add parsley and thyme, stirring to combine. Season with additional salt and pepper if needed.
- ☐ Serve over rice or by itself.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:13.37, Inflammation Score:-9, Nutrition Score:12.777391161608%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 13.06mg, Quercetin:

13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg

Nutrients (% of daily need)

Calories: 153.59kcal (7.68%), Fat: 1.47g (2.26%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 23.13g (8.41%), Sugar: 8.29g (9.21%), Cholesterol: 18.08mg (6.03%), Sodium: 392.07mg (17.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.4%), Vitamin C: 33.69mg (40.84%), Vitamin K: 38.07µg (36.26%), Vitamin B6: 0.58mg (29.09%), Vitamin B3: 4.78mg (23.89%), Potassium: 627.48mg (17.93%), Manganese: 0.35mg (17.55%), Selenium: 11.53µg (16.48%), Phosphorus: 154.13mg (15.41%), Fiber: 3.85g (15.4%), Magnesium: 40.96mg (10.24%), Iron: 1.69mg (9.39%), Copper: 0.18mg (9.01%), Vitamin B1: 0.13mg (8.94%), Folate: 33.32µg (8.33%), Vitamin B5: 0.79mg (7.9%), Vitamin B2: 0.12mg (7%), Vitamin A: 345.05IU (6.9%), Calcium: 53.79mg (5.38%), Zinc: 0.7mg (4.65%), Vitamin B12: 0.12µg (1.93%), Vitamin E: 0.18mg (1.17%)