



Slow Cooker Lemon Pepper Chicken

 **Gluten Free**  **Popular**

READY IN



315 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 1 teaspoon thyme leaves dried
- 2 cloves garlic crushed to taste
- 1 slice of lemon ()
- 1 teaspoon lemon pepper
- 2 tablespoons olive oil extra-virgin
- 2 teaspoons lawry's seasoned salt
- 2 pound meat from a rotisserie chicken whole

Equipment

- bowl
- paper towels
- kitchen thermometer
- slow cooker

Directions

- Rinse chicken, pat dry with paper towels, and use your fingers to loosen the skin over the breast and thighs.
- Stir butter and lemon pepper in a small bowl and insert seasoned butter beneath the loosened skin using a teaspoon. Push butter from spoon using the skin.
- Place lemon slice and garlic cloves into the chicken cavity.
- Place chicken into a slow cooker. Rub skin with olive oil and sprinkle seasoned salt, thyme, and cracked black pepper over the bird.
- Cook on High for 3 hours; reduce heat to Low and cook until chicken is very tender and an instant-read meat thermometer inserted into the thickest part of a thigh, not touching bone, reads at least 160 degrees F (70 degrees C), 2 to 3 more hours. If desired, cook bird on Low setting 6 to 8 hours.

Nutrition Facts

PROTEIN 20.49% **FAT 78.37%** **CARBS 1.14%**

Properties

Glycemic Index:34.38, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:9.1704347237297%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 402.35kcal (20.12%), Fat: 34.95g (53.77%), Saturated Fat: 12.97g (81.04%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.07g (0.08%), Cholesterol: 112.15mg (37.38%), Sodium: 1330.84mg (57.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.12%), Vitamin B3: 7.44mg (37.2%), Selenium: 16.08µg (22.97%), Vitamin B6: 0.4mg (20.21%), Phosphorus: 167.3mg (16.73%), Vitamin K: 11.97µg (11.4%), Vitamin E: 1.69mg (11.28%), Vitamin A: 519.71IU (10.39%), Vitamin B5: 1.03mg (10.26%), Zinc: 1.48mg (9.88%), Vitamin B2: 0.14mg (8.2%), Iron: 1.43mg (7.92%), Manganese: 0.13mg (6.64%), Potassium: 226.57mg (6.47%), Vitamin B12: 0.36µg (6.03%), Magnesium: 24.01mg (6%), Vitamin B1: 0.07mg (4.77%), Vitamin C: 3.26mg (3.95%), Copper: 0.07mg (3.35%), Calcium: 26.28mg (2.63%), Folate: 7.96µg (1.99%), Vitamin D: 0.22µg (1.45%), Fiber: 0.3g (1.2%)