



Slow-Cooker Lime Garlic Chicken with Rice



Gluten Free



Dairy Free

READY IN



610 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 1 package chicken thighs bone-in skinless (1 pound 4 ounces)
- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 1.5 cups chicken broth (from 32-ounce carton)
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons butter
- ☐ 1 cup rice instant uncooked

☐ 1 serving parsley fresh chopped

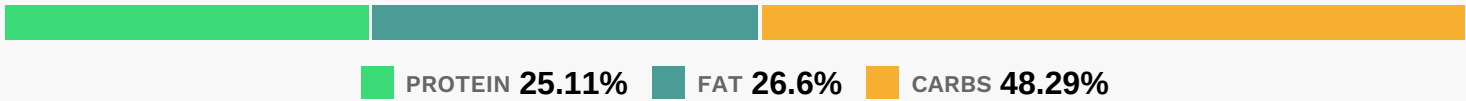
Equipment

☐ slow cooker

Directions

- ☐ Place chicken in 3- to 4-quart slow cooker.
- ☐ Add remaining ingredients except rice and parsley.
- ☐ Cover and cook on Low heat setting 8 to 10 hours. During last 15 minutes of cooking, stir in rice.
- ☐ Remove chicken from cooker.
- ☐ Place cooked rice on each serving plate. Top with chicken. Spoon any remaining juices over chicken.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:33.36, Glycemic Load:14.96, Inflammation Score:-4, Nutrition Score:8.226956491885%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 221.6kcal (11.08%), Fat: 6.43g (9.9%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 25.74g (9.36%), Sugar: 0.48g (0.53%), Cholesterol: 54.94mg (18.32%), Sodium: 314.66mg (13.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Selenium: 17.84µg (25.48%), Manganese: 0.4mg (20.23%), Vitamin B3: 3.82mg (19.09%), Vitamin B6: 0.32mg (16.03%), Phosphorus: 148.36mg (14.84%), Vitamin K: 12.82µg (12.21%), Vitamin B5: 1.02mg (10.24%), Vitamin B2: 0.16mg (9.17%), Zinc: 1.27mg (8.46%), Vitamin

B12: 0.38µg (6.31%), Vitamin B1: 0.09mg (6.04%), Potassium: 208.29mg (5.95%), Copper: 0.12mg (5.85%),
Magnesium: 23.25mg (5.81%), Vitamin C: 4.5mg (5.45%), Vitamin A: 251.35IU (5.03%), Iron: 0.85mg (4.7%), Calcium:
22.66mg (2.27%), Vitamin E: 0.33mg (2.22%), Fiber: 0.53g (2.11%), Folate: 6.92µg (1.73%)