



Slow-Cooker Orange Chicken with Potatoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small butternut squash peeled seeded cut into 1-inch pieces
- ☐ 12 cloves garlic peeled
- ☐ 1 tablespoon honey
- ☐ 6 servings salt and pepper
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 onion quartered
- ☐ 1 cranberry-orange relish cut into 1/4-inch rings
- ☐ 1 pound potatoes – remove skin red

- ☐ 8 chicken thighs skinless
- ☐ 8 sprigs thyme leaves

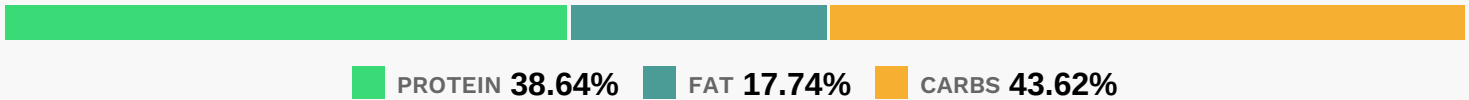
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 325 F. Follow the recipe above using a Dutch oven or large casserole.
- ☐ Bake, covered, until the vegetables are tender and the chicken is cooked through, 2 1/2 to 3 hours.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:29.723043483237%

Flavonoids

Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 346.9kcal (17.35%), Fat: 7.01g (10.79%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 33.52g (12.19%), Sugar: 10.36g (11.51%), Cholesterol: 143.13mg (47.71%), Sodium: 372.84mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.35g (68.69%), Vitamin A: 13442.7IU (268.85%), Vitamin C: 51.1mg (61.94%), Vitamin B3: 12.04mg (60.18%), Vitamin B6: 1.14mg (56.82%), Selenium: 36.23µg (51.75%), Phosphorus: 417.14mg (41.71%), Potassium: 1347.85mg (38.51%), Manganese: 0.56mg (28.12%), Vitamin B5: 2.66mg (26.62%), Magnesium: 104.13mg (26.03%), Vitamin B1: 0.37mg (24.69%), Vitamin B2: 0.37mg (21.86%), Fiber: 5.25g (21.01%), Zinc: 2.99mg (19.9%), Copper: 0.37mg (18.33%), Iron: 3.25mg (18.04%), Vitamin B12: 1.04µg (17.38%), Folate: 67.75µg (16.94%), Vitamin E: 2.13mg (14.2%), Calcium: 118.02mg (11.8%), Vitamin K: 8.19µg (7.8%)