



Slow-Cooker Pantry Chicken Stew

READY IN



375 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots
- ☐ 1.5 pounds chicken thighs boneless cut into 1-inch pieces
- ☐ 0.5 cup philadelphia chive & onion cream cheese spread
- ☐ 0.3 cup flour
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 small onion chopped
- ☐ 1 cup peas frozen thawed drained

Equipment

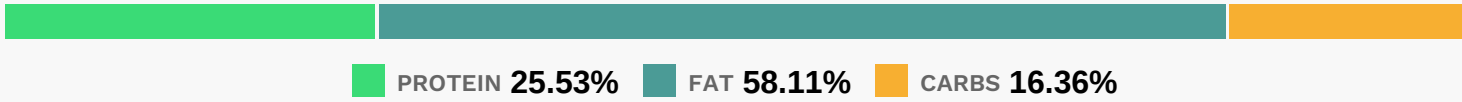
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slow cooker

Directions

- ☐
- Toss chicken with flour in slow cooker.
- ☐
- Add all remaining ingredients except peas and cream cheese spread; cover with lid.
- ☐
- Cook on Low 6 to 8 hours (or on HIGH 3 to 4 hours), stirring in cream cheese and peas for the last 30 min.

Nutrition Facts



Properties

Glycemic Index:29.72, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:18.997826187507%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 361.7kcal (18.09%), Fat: 23.28g (35.81%), Saturated Fat: 7.77g (48.57%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 11.42g (4.15%), Sugar: 5.24g (5.83%), Cholesterol: 122.86mg (40.95%), Sodium: 212.04mg (9.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.01g (46.01%), Vitamin A: 6337IU (126.74%), Selenium: 27.36µg (39.09%), Vitamin B3: 7.69mg (38.47%), Vitamin B6: 0.53mg (26.51%), Phosphorus: 258.73mg (25.87%), Vitamin B2: 0.38mg (22.22%), Vitamin B5: 1.95mg (19.51%), Vitamin B1: 0.24mg (15.86%), Potassium: 535.36mg (15.3%), Vitamin C: 12.43mg (15.07%), Copper: 0.28mg (13.76%), Zinc: 2.04mg (13.62%), Fiber: 3.33g (13.33%), Manganese: 0.25mg (12.5%), Vitamin B12: 0.74µg (12.35%), Folate: 48.8µg (12.2%), Vitamin K: 12.45µg (11.85%), Iron: 1.95mg (10.83%), Magnesium: 39.5mg (9.88%), Calcium: 56.07mg (5.61%), Vitamin E: 0.28mg (1.86%), Vitamin D: 0.19µg (1.26%)