



Slow-Cooker Saucy Orange-Barbecued Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



455 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 3 lb chicken thighs bone-in skinless
- ☐ 0.8 cup chili sauce
- ☐ 0.3 cup orange marmalade
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon red wine vinegar

☐ 1 teaspoon worcestershire sauce

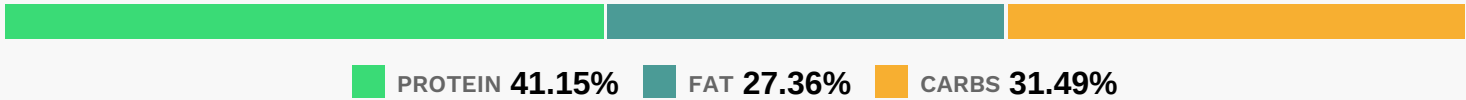
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Spray 4-quart slow cooker with cooking spray. In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 8 to 10 minutes, turning occasionally, until brown on both sides (cook a few pieces at a time if all don't fit in skillet).
- ☐ Place chicken in slow cooker. Cover; cook on Low heat setting 6 to 7 hours or until chicken is tender. About 30 minutes before serving, in 1-quart saucepan, heat sauce ingredients over medium heat 10 to 15 minutes, stirring occasionally, until thickened.
- ☐ Drain excess liquid from slow cooker.
- ☐ Pour sauce over chicken; cook 10 to 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:19.57913043188%

Nutrients (% of daily need)

Calories: 401.2kcal (20.06%), Fat: 12.07g (18.57%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 29.68g (10.79%), Sugar: 25.92g (28.8%), Cholesterol: 193.91mg (64.64%), Sodium: 944.4mg (41.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.84g (81.67%), Selenium: 48.17µg (68.82%), Vitamin B3: 12.27mg (61.34%), Vitamin B6: 1mg (49.96%), Phosphorus: 414.75mg (41.48%), Vitamin B5: 2.47mg (24.69%), Vitamin B2: 0.41mg (24.01%), Vitamin B12: 1.31µg (21.77%), Zinc: 3.22mg (21.49%), Potassium: 722.42mg (20.64%), Vitamin B1: 0.24mg (15.95%), Vitamin K: 14.9µg (14.2%), Magnesium: 56.04mg (14.01%), Iron: 2.26mg (12.56%), Vitamin C: 9.7mg (11.76%), Vitamin E: 1.66mg (11.06%), Copper: 0.21mg (10.62%), Vitamin A: 417.44IU (8.35%), Fiber: 1.58g (6.31%), Calcium: 45.42mg (4.54%), Folate: 15.58µg (3.9%), Manganese: 0.06mg (2.86%)