

Foodnity Recipes

Crockpot Marry Me Chicken – 30g Protein, Low Carb

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken breast, cubed
- [ ] 1 cup heavy cream
- [ ] ½ cup grated Parmesan cheese
- [ ] 2 cloves garlic, minced
- [ ] 1 small onion, diced
- [ ] 1 tbsp olive oil
- [ ] ½ cup low-sodium chicken broth
- [ ] 2 tsp dried thyme
- [ ] 1 tsp smoked paprika
- [ ] Juice of ½ lemon
- [ ] 1 tsp honey (optional)
- [ ] Salt and pepper to taste

Instructions

1. Season the chicken pieces with salt, pepper, thyme, and smoked paprika.
2. In a skillet, heat olive oil over medium-high heat and sear the chicken until golden brown on all sides, about 4-5 minutes.
3. Transfer chicken to the crockpot. Add diced onion, minced garlic, and broth; stir gently.
4. Cover and cook on LOW for 6-7 hours, or HIGH for 3-4 hours, until chicken is fork-tender.
5. About 30 minutes before serving, stir in heavy cream, Parmesan, lemon juice, and honey if using; let it melt into a silky sauce.
6. Taste and adjust seasoning; serve hot over cauliflower rice or a fresh green salad.

Nutrition per serving

380 kcal	32 g	6 g	26 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems too thick, whisk in a splash more broth or water.
- A pinch of spicy chicken flakes can add a gentle heat without overwhelming the creaminess.
- For a citrus twist, add orange zest; it pairs nicely with the orange chicken notes.