

Prep Time: 15 minutes | Cook Time: 4–6 hours (Low) or 2.5–3 hours (High) | Total Time: 4 hours 15 minutes – 6 hours 15 minutes

Servings: 6 | Difficulty: Easy | Net Carbs: 0g per serving

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## Introduction

If you're following a ketogenic or zero-carb lifestyle, finding dinners that are both satisfying and simple can feel like a challenge. This Zero Carbs Crockpot Tuscan Chicken solves that problem beautifully. Tender chicken breasts simmer slowly in a creamy, garlicky sauce studded with sun-dried tomatoes and spinach—all the flavors of a classic Tuscan kitchen, with none of the carbohydrates.

The slow cooker does the heavy lifting, meaning you can set it in the morning and come home to a restaurant-quality meal. Every ingredient has been chosen to keep net carbs at zero while maximizing flavor and richness. Whether you're deep in ketosis or simply cutting carbs, this dish earns a permanent spot in your weekly rotation.

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## Ingredients

- 6 boneless, skinless chicken breasts (about 2 lbs / 900g)
- 2 tbsp olive oil
- 1 cup heavy whipping cream
- ½ cup chicken broth (zero-carb, no added sugar)
- ½ cup sun-dried tomatoes (dry-packed, not oil-packed with added sugar)
- 3 cloves garlic, minced
- 1 small shallot, finely diced (about 2 tbsp)
- 1 tsp dried Italian seasoning
- ½ tsp dried oregano

- ½ tsp red pepper flakes (optional, for heat)
- ½ cup grated Parmesan cheese
- 2 cups fresh baby spinach
- 4 oz cream cheese, softened and cubed
- Salt and black pepper, to taste
- Fresh basil or parsley for garnish (optional)

Note on ingredients: Check labels carefully. Some sun-dried tomatoes and broths contain added sugar. Dry-packed tomatoes and sugar-free broth keep this recipe at zero net carbs.

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## Equipment

- 4-6 quart slow cooker (crockpot)
- Measuring cups and spoons
- Whisk

- Tongs
  - Cutting board and knife
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## Instructions

### Step 1: Prepare the Chicken (5 minutes | Low intensity)

Pat the chicken breasts dry with paper towels and season generously on both sides with salt and black pepper. Drying the chicken helps it grip the seasoning and sear better.

### Step 2: Sear the Chicken (5 minutes | Medium-high intensity)

Heat the olive oil in a large skillet over medium-high heat. Sear the chicken breasts for 2–3 minutes per side, until golden brown. They do not need to cook through—this step builds flavor. Transfer the chicken to the slow cooker. *Shortcut: If you're pressed for time, skip the sear entirely and place the seasoned raw chicken directly in the crockpot. The dish will still be delicious, though slightly less deep in flavor.*

### Step 3: Build the Sauce Base (3 minutes | Low intensity)

In the same slow cooker, scatter the minced garlic, diced shallot, and sun-dried tomatoes around and over the chicken. Pour in the chicken broth. Sprinkle the Italian seasoning, oregano, and red pepper flakes (if using) over everything. Cover with the lid.

### Step 4: Slow Cook (4–6 hours on Low | or 2.5–3 hours on High |

**Passive intensity)**

Cook on LOW for 4–6 hours or on HIGH for 2.5–3 hours, until the chicken reaches an internal temperature of 165°F (74°C) and shreds easily with a fork. Avoid lifting the lid during cooking—each peek releases heat and adds 20–30 minutes to the cook time.

**Step 5: Create the Creamy Sauce (5 minutes | Low intensity)**

Using tongs, remove the cooked chicken to a plate and tent with foil. Whisk the softened cream cheese into the hot cooking liquid until fully melted and smooth. Stir in the heavy cream and grated Parmesan. Whisk until the sauce is uniform and slightly thickened. Taste and adjust salt and pepper.

**Step 6: Wilt the Spinach (2 minutes | Low intensity)**

Stir the fresh baby spinach into the sauce. Cover and let sit for 2–3 minutes, until the spinach wilts into the creamy sauce.

**Step 7: Finish and Serve (2 minutes | Low intensity)**

Return the chicken to the slow cooker, spooning sauce over the top, or shred the chicken directly into the sauce for a pulled texture. Garnish with fresh basil or parsley if desired. Serve hot.

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**Timing and Intensity Summary**

| Phase               |                                  | Duration | Heat/Intensity Level |
|---------------------|----------------------------------|----------|----------------------|
| Prep & seasoning    | 5 min                            |          | Low                  |
| Searing             | 5 min                            |          | Medium-high          |
| Sauce base assembly | 3 min                            |          | Low                  |
| Slow cooking        | 4–6 hrs (Low) / 2.5–3 hrs (High) |          | Passive              |

| Phase              |         | Duration | Heat/Intensity Level |
|--------------------|---------|----------|----------------------|
| Cream sauce finish | 5 min   |          | Low                  |
| Spinach wilt       | 2-3 min |          | Low                  |
| Plating            | 2 min   |          | Low                  |

Total active time: Approximately 20-22 minutes.

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## Serving Suggestions

Serve this Tuscan chicken over cauliflower rice, zucchini noodles, or steamed green beans to keep the meal zero-carb. It's also excellent alongside a crisp green salad dressed with olive oil and lemon. For a heartier plate, pair with roasted asparagus or a wedge of grilled radicchio.

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## Storage and Reheating

Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat gently on the stovetop over low heat or in the microwave at 50% power, stirring occasionally—high heat can cause the cream sauce to separate. This dish does not freeze well due to the dairy-based sauce, which may become grainy upon thawing.

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## Nutrition Information (Per Serving — 1 chicken breast

**with sauce)**

| Nutrient            |  | Amount    |
|---------------------|--|-----------|
| Calories            |  | ~385 kcal |
| Total Fat           |  | ~25g      |
| Saturated Fat       |  | ~13g      |
| Cholesterol         |  | ~115mg    |
| Sodium              |  | ~480mg    |
| Total Carbohydrates |  | 2g        |
| Dietary Fiber       |  | 0g        |
| Net Carbs           |  | 0g        |
| Total Sugars        |  | 1g        |
| Protein             |  | ~35g      |