



## Crockpot Chicken Sauce Piquante

 Dairy Free  Popular

READY IN



195 min.

SERVINGS



6

CALORIES



587 kcal

SAUCE

### Ingredients

- 0.5 cup all purpose flour
- 2 bay leaves
- 1 tablespoon cajun spice
- 3 tablespoons canola oil
- 0.5 cup celery chopped
- 4 pound chicken cut up whole
- 6 servings rice hot cooked
- 0.5 teaspoon thyme leaves dried

- 0.3 cup flat parsley
- 1.5 teaspoons garlic chopped
- 1 teaspoon granulated sugar
- 1 cup bell pepper green chopped
- 6 servings hot sauce for the table
- 2 teaspoons pickled jalapeño chopped
- 1 teaspoon kosher salt
- 1 cup onion chopped
- 0.3 teaspoon pepper flakes red crushed
- 29 ounce stewed tomatoes
- 0.3 cup tomato paste
- 1 tablespoon worcestershire sauce

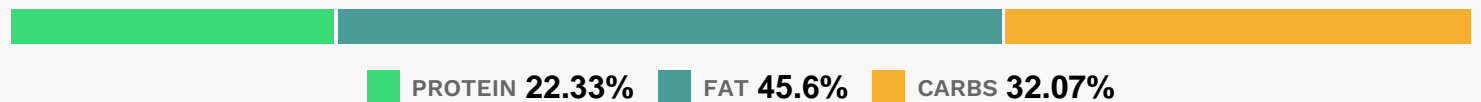
## Equipment

- slow cooker

## Directions

- Recipe: Crockpot Chicken Sauce Piquante
- From the Kitchen of Deep South Dish
- Prep time: 15 min |Cook time: 3 hours |

## Nutrition Facts



## Properties

Glycemic Index:79.52, Glycemic Load:31.66, Inflammation Score:-9, Nutrition Score:26.07869569115%

## Flavonoids

Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

## Nutrients (% of daily need)

Calories: 587.08kcal (29.35%), Fat: 29.78g (45.82%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 47.12g (15.71%), Net Carbohydrates: 43.07g (15.66%), Sugar: 9.24g (10.26%), Cholesterol: 108.86mg (36.29%), Sodium: 931.06mg (40.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.61%), Vitamin B3: 12.51mg (62.53%), Vitamin K: 59.95µg (57.09%), Vitamin C: 43.79mg (53.07%), Selenium: 32.16µg (45.94%), Vitamin B6: 0.77mg (38.66%), Manganese: 0.71mg (35.36%), Phosphorus: 318.64mg (31.86%), Vitamin A: 1571.18IU (31.42%), Iron: 4.96mg (27.54%), Vitamin E: 3.88mg (25.89%), Potassium: 884.71mg (25.28%), Vitamin B2: 0.34mg (20.2%), Vitamin B5: 1.97mg (19.74%), Vitamin B1: 0.29mg (19.55%), Copper: 0.38mg (19.25%), Zinc: 2.86mg (19.04%), Magnesium: 72.4mg (18.1%), Fiber: 4.05g (16.18%), Folate: 54.27µg (13.57%), Calcium: 101.02mg (10.1%), Vitamin B12: 0.45µg (7.5%), Vitamin D: 0.29µg (1.94%)