



## Frank's Favorite Slow-Cooker Thai Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



495 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons cilantro leaves chopped for topping
- 2 tablespoons ginger fresh grated
- 0.8 cup coconut milk light
- 2 tablespoons juice of lime
- 0.3 cup chunky peanut butter
- 0.5 cup peanuts chopped for topping
- 0.8 cup salsa hot
- 2 pounds chicken thighs skinless

- 1 tablespoon soya sauce
- 1 teaspoon sugar white

## Equipment

- kitchen thermometer
- slow cooker

## Directions

- Combine the salsa, peanut butter, coconut milk, lime juice, soy sauce, sugar, and ginger in the crock of a slow cooker; mix well.
- Place the chicken in the sauce, spoon mixture over chicken to coat.
- Place the lid on the cooker and set to LOW. Cook until chicken is very tender and sauce has thickened, 8 to 9 hours. A meat thermometer, inserted into the thickest part of a thigh should read at least 160 degrees F (70 degrees C).
- Garnish with peanuts and cilantro before serving.

## Nutrition Facts



## Properties

Glycemic Index:40.09, Glycemic Load:1.37, Inflammation Score:-6, Nutrition Score:27.874347935552%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 526.84kcal (26.34%), Fat: 29.24g (44.99%), Saturated Fat: 7.88g (49.22%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 10g (3.64%), Sugar: 4.81g (5.35%), Cholesterol: 215.46mg (71.82%), Sodium: 878.17mg (38.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.36g (106.71%), Vitamin B3: 18.48mg (92.4%), Selenium: 53.75µg (76.78%), Vitamin B6: 1.25mg (62.39%), Phosphorus: 573.37mg (57.34%), Manganese: 0.84mg (42.11%), Vitamin B5: 3.35mg (33.48%), Magnesium: 124.99mg (31.25%), Zinc: 4.38mg (29.2%), Vitamin B2: 0.48mg (28.36%), Potassium: 942.05mg (26.92%), Vitamin B1: 0.37mg (24.81%), Vitamin B12: 1.45µg (24.19%), Copper: 0.41mg

(20.36%), Folate: 70.76 $\mu$ g (17.69%), Iron: 3.15mg (17.5%), Vitamin E: 2.5mg (16.68%), Fiber: 3.53g (14.11%), Vitamin K: 9.34 $\mu$ g (8.9%), Calcium: 63.96mg (6.4%), Vitamin A: 305.68IU (6.11%), Vitamin C: 3.41mg (4.13%)