



Keon's Slow Cooker Curry Chicken

READY IN



205 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 14 ounce coconut milk canned
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 3 tablespoons curry powder to taste
- 2 cups mushrooms fresh sliced
- 1 cup peas green
- 2 teaspoons ground pepper to taste
- 0.5 teaspoon ground pepper black

- 1 onion chopped
- 1 packet onion soup mix dry french knorr® (such as Onion Soup Mix)
- 0.5 teaspoon salt
- 3 large chicken breast halves boneless skinless trimmed cut into 1-inch pieces

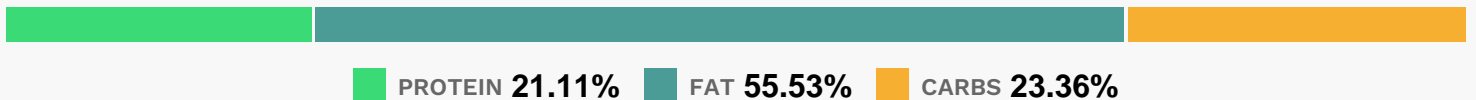
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Set the slow cooker to the High setting.
- Heat the butter in a skillet over medium heat, and cook and stir the onion until browned, 5 to 10 minutes. Set the onion aside.
- In a large bowl, stir together cream of mushroom soup, cream of chicken soup, coconut milk, dry soup mix, curry powder, salt, pepper, and cayenne pepper until the mixture is thoroughly combined.
- Place the chicken into the bottom of the slow cooker, and pour the mixture over the chicken. Stir in onion, peas and mushrooms.
- Cook on High setting for 1 1/2 hours, then reduce heat to Low and cook an additional 1 1/2 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:66.33, Glycemic Load:4.84, Inflammation Score:-8, Nutrition Score:29.519565281661%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg,

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Nutrients (% of daily need)

Calories: 563.62kcal (28.18%), Fat: 36.05g (55.45%), Saturated Fat: 25.63g (160.19%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 26.28g (9.56%), Sugar: 8.59g (9.55%), Cholesterol: 71.67mg (23.89%), Sodium: 2312.52mg (100.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.65%), Manganese: 1.72mg (86.04%), Vitamin B3: 13.49mg (67.47%), Selenium: 41.38µg (59.11%), Vitamin B6: 0.98mg (48.87%), Phosphorus: 452.29mg (45.23%), Copper: 0.84mg (42.16%), Potassium: 1155mg (33%), Iron: 5.67mg (31.52%), Fiber: 7.84g (31.35%), Vitamin C: 23.03mg (27.92%), Vitamin B2: 0.46mg (27.33%), Magnesium: 105.62mg (26.4%), Vitamin B5: 2.56mg (25.63%), Zinc: 3.29mg (21.91%), Vitamin A: 992.75IU (19.86%), Vitamin B1: 0.3mg (19.74%), Folate: 71.21µg (17.8%), Vitamin K: 18.58µg (17.7%), Vitamin E: 2.16mg (14.42%), Calcium: 90.07mg (9.01%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.18µg (1.2%)