



Slow Cook Thai Chicken



Gluten Free



Dairy Free

READY IN



320 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 0.7 cup creamy peanut butter
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 3 green onion chopped
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup juice of lime

- ☐ 1 large onion coarsely chopped
- ☐ 1 large bell pepper red seeded sliced into strips
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.5 cup roasted peanuts chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 6 chicken breast halves boneless skinless cut into 1/2 inch strips
- ☐ 1 tablespoon soya sauce

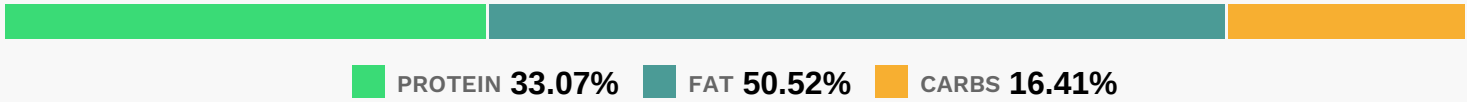
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Place the chicken breast strips, bell pepper and onion into a slow cooker.
- ☐ Pour in the chicken broth and 1/4 cup of soy sauce, then season with cumin, garlic, red pepper flakes, salt and pepper. Stir to blend, then cover and cook on Low for 4 1/2 to 5 hours.
- ☐ Remove 1 cup of the liquid from the slow cooker, and mix this with the cornstarch, peanut butter, 1 tablespoon of soy sauce and lime juice. This should blend into a fairly thick sauce. Stir the sauce back into the slow cooker, and place the lid on the pot.
- ☐ Cook on High for 30 minutes.
- ☐ Garnish with green onions, cilantro and peanuts before serving.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:25.439565389053%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg,

Naringenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 411.7kcal (20.58%), Fat: 23.97g (36.88%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 13.61g (4.95%), Sugar: 5.72g (6.35%), Cholesterol: 72.71mg (24.24%), Sodium: 749.24mg (32.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.3g (70.61%), Vitamin B3: 18mg (90.01%), Vitamin B6: 1.16mg (57.76%), Selenium: 38.93µg (55.61%), Vitamin C: 43.07mg (52.21%), Manganese: 0.89mg (44.4%), Phosphorus: 412.69mg (41.27%), Magnesium: 111.99mg (28%), Potassium: 837.35mg (23.92%), Vitamin E: 3.44mg (22.94%), Vitamin B5: 2.24mg (22.45%), Vitamin A: 1062.7IU (21.25%), Folate: 67.82µg (16.95%), Vitamin K: 16.55µg (15.77%), Fiber: 3.92g (15.66%), Vitamin B2: 0.24mg (14%), Copper: 0.28mg (13.91%), Vitamin B1: 0.2mg (13.24%), Iron: 2.29mg (12.71%), Zinc: 1.87mg (12.49%), Calcium: 59.84mg (5.98%), Vitamin B12: 0.23µg (3.83%)