



## Slow-Cooked South African BBQ Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**495 min.**

SERVINGS



**15**

CALORIES



**309 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups brown sugar barbecue sauce sweet kraft
- 1 cup chicken broth
- 6 cups brown rice long-grain hot cooked
- 1 Tbsp curry powder
- 0.5 cup apricots dried quartered
- 3 cloves garlic minced
- 0.5 cup golden raisins
- 1 onion chopped

3 lb chicken thighs boneless skinless

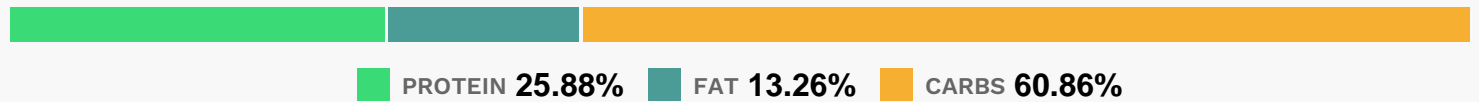
## Equipment

slow cooker

## Directions

- Place chicken in slow cooker.
- Combine all remaining ingredients except rice; pour over chicken. Cover with lid.
- Cook on LOW 8 hours (or on HIGH 5 hours).
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:10.14, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:12.99260871825%

## Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg 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: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

## Nutrients (% of daily need)

Calories: 309.31kcal (15.47%), Fat: 4.58g (7.04%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 45.05g (16.38%), Sugar: 27.18g (30.2%), Cholesterol: 86.5mg (28.83%), Sodium: 150.55mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.19%), Selenium: 28.8µg (41.14%), Manganese: 0.8mg (40.21%), Vitamin B3: 6.51mg (32.56%), Vitamin B6: 0.57mg (28.43%), Phosphorus: 249.04mg (24.9%), Magnesium: 61.57mg (15.39%), Vitamin B5: 1.38mg (13.83%), Zinc: 1.96mg (13.04%), Vitamin B2: 0.21mg (12.09%), Potassium: 393.8mg (11.25%), Vitamin B1: 0.17mg (11.1%), Vitamin B12: 0.58µg (9.73%), Copper: 0.18mg (9.1%), Fiber: 2.19g (8.76%), Iron: 1.57mg (8.73%), Calcium: 44.58mg (4.46%), Vitamin K: 3.86µg (3.68%), Vitamin A: 182.6IU (3.65%), Vitamin E: 0.48mg (3.2%), Folate: 9.61µg (2.4%), Vitamin C: 0.98mg (1.18%)