



WHATSheATE



Slow-Cooker African Groundnut Stew with Chicken



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken thighs boneless skinless
- ☐ 0.8 lb chicken breast boneless skinless
- ☐ 1 cup onion chopped
- ☐ 0.8 cup peanut butter
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 2 tablespoons ginger grated

- ☐ 2 tablespoons tomato paste
- ☐ 2 teaspoons curry powder
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 teaspoon salt
- ☐ 4 cups sweet potatoes and into cubed peeled (3 medium)
- ☐ 1 lb potatoes – remove skin red cut into eighths (2 1/2 cups) (12)

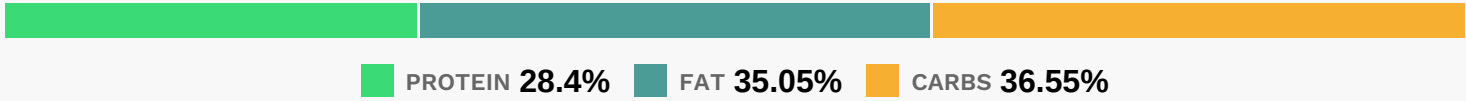
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In cooker, layer all ingredients, spooning peanut butter in dollops.
- ☐ Cover; cook on Low heat setting 8 to 10 hours. Break up chicken before serving.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:9.95, Inflammation Score:-10, Nutrition Score:28.947391127763%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 407.07kcal (20.35%), Fat: 16.45g (25.3%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 31.8g (11.56%), Sugar: 12.03g (13.37%), Cholesterol: 82.11mg (27.37%), Sodium: 754.36mg (32.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.97%), Vitamin A: 9819.5IU (196.39%), Vitamin B3: 13.37mg (66.86%), Vitamin B6: 1.11mg (55.44%), Manganese: 0.89mg (44.74%), Selenium: 29.36µg (41.94%), Phosphorus: 389.18mg (38.92%), Potassium: 1304.38mg (37.27%), Magnesium: 120.51mg (30.13%),

Vitamin E: 4.21mg (28.08%), Fiber: 6.8g (27.19%), Copper: 0.54mg (27.18%), Vitamin B5: 2.55mg (25.49%), Vitamin C: 18.61mg (22.56%), Vitamin B1: 0.31mg (20.57%), Vitamin B2: 0.34mg (20.3%), Iron: 3.54mg (19.66%), Zinc: 2.51mg (16.73%), Folate: 60.5µg (15.13%), Vitamin K: 11.2µg (10.67%), Calcium: 90.12mg (9.01%), Vitamin B12: 0.46µg (7.64%)