



## Slow-Cooker Almond Chicken

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

READY IN



**375 min.**

SERVINGS



**8**

CALORIES



**295 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon vegetable oil
- 2 lb chicken breast boneless skinless cut into 1-inch pieces
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 1 teaspoon ginger finely chopped
- 1 cup slivered almonds
- 8 oz water chestnuts drained sliced canned
- 1.3 cups chicken broth (from 32-oz container)

- 5 tablespoons soya sauce
- 2 tablespoons cornstarch
- 0.3 cup wine
- 2 teaspoons sugar
- 1 cup snow peas fresh
- 1 serving rice hot cooked
- 1 serving slivered almonds

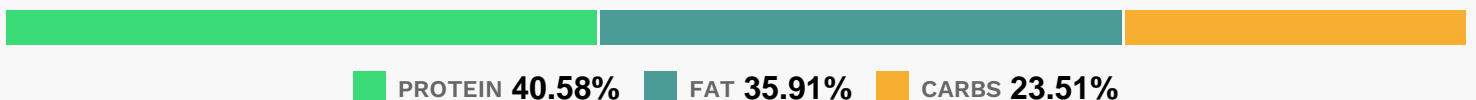
## Equipment

- bowl
- frying pan
- whisk
- slow cooker

## Directions

- Spray 3 1/2- to 6-quart slow cooker with cooking spray. In large skillet, heat oil over medium-high heat. Cook chicken in oil about 5 minutes, stirring occasionally, until browned on all sides.
- In slow cooker, place onion, garlic, gingerroot, 1 cup almonds and the water chestnuts.
- Add chicken. In small bowl, mix 1 cup of the broth and 3 tablespoons of the soy sauce; pour over chicken.
- Cover; cook on Low heat setting 6 to 8 hours (or on High heat setting 4 hours).
- In small bowl, mix cornstarch, wine, sugar, and remaining 1/4 cup broth and 2 tablespoons soy sauce with whisk until smooth. During last 15 minutes of cooking time, stir sauce and pea pods into chicken mixture.
- Serve over rice.
- Sprinkle with additional almonds.

## Nutrition Facts



## Properties

Glycemic Index:37.64, Glycemic Load:4.2, Inflammation Score:-5, Nutrition Score:18.884782594183%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 295.18kcal (14.76%), Fat: 11.62g (17.88%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 13.66g (4.97%), Sugar: 4.03g (4.48%), Cholesterol: 73.31mg (24.44%), Sodium: 901.45mg (39.19%), Alcohol: 0.77g (100%), Alcohol %: 0.39% (100%), Protein: 29.55g (59.11%), Vitamin B3: 13.14mg (65.72%), Selenium: 38.45µg (54.93%), Vitamin B6: 1.02mg (50.75%), Phosphorus: 344.75mg (34.48%), Manganese: 0.56mg (27.97%), Vitamin E: 4.13mg (27.56%), Magnesium: 79.64mg (19.91%), Vitamin B2: 0.33mg (19.66%), Vitamin B5: 1.94mg (19.39%), Potassium: 654.07mg (18.69%), Fiber: 3.47g (13.86%), Copper: 0.26mg (13.02%), Vitamin C: 10.26mg (12.44%), Iron: 1.94mg (10.8%), Vitamin B1: 0.15mg (9.77%), Zinc: 1.44mg (9.62%), Vitamin K: 6.58µg (6.27%), Calcium: 58.42mg (5.84%), Folate: 22.57µg (5.64%), Vitamin B12: 0.23µg (3.9%), Vitamin A: 168.32IU (3.37%)