



Slow-Cooker Bourbon Chicken



Dairy Free



Popular

READY IN



375 min.

SERVINGS



4

CALORIES



503 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup honey
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon catsup
- ☐ 0.5 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ginger grated

- ☐ 2 lb chicken breast boneless skinless
- ☐ 1 cup rice white instant uncooked
- ☐ 1 cup water
- ☐ 0.5 cup spring onion chopped

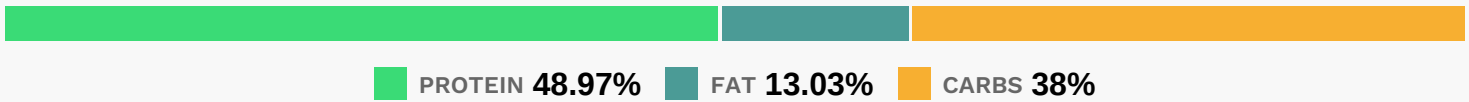
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray. In slow cooker, mix bourbon, soy sauce, honey, vinegar, ketchup, onion, garlic and gingerroot.
- ☐ Add chicken.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.
- ☐ Remove chicken from slow cooker to plate; shred with 2 forks or break into bite-size pieces with spoon. Return chicken to slow cooker.
- ☐ Cook rice in water as directed on package.
- ☐ Serve chicken over rice; sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:59.07, Glycemic Load:9.96, Inflammation Score:-7, Nutrition Score:26.363478111184%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 502.52kcal (25.13%), Fat: 6.15g (9.46%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 39.08g (14.21%), Sugar: 19.62g (21.8%), Cholesterol: 145.15mg (48.38%), Sodium: 1116.6mg (48.55%), Alcohol: 10.02g (100%), Alcohol %: 3.03% (100%), Protein: 52.01g (104.02%), Vitamin B3: 25.92mg

(129.6%), Selenium: 81.32µg (116.17%), Vitamin B6: 1.82mg (90.81%), Phosphorus: 536.72mg (53.67%), Vitamin B5: 3.44mg (34.39%), Potassium: 969.8mg (27.71%), Vitamin K: 26.57µg (25.3%), Vitamin B1: 0.37mg (24.95%), Manganese: 0.42mg (21.03%), Folate: 83.47µg (20.87%), Magnesium: 74.45mg (18.61%), Vitamin B2: 0.29mg (16.91%), Iron: 2.91mg (16.17%), Zinc: 1.86mg (12.39%), Vitamin C: 7.3mg (8.85%), Copper: 0.17mg (8.49%), Vitamin B12: 0.45µg (7.56%), Fiber: 1.28g (5.14%), Vitamin A: 212.44IU (4.25%), Calcium: 39.45mg (3.95%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.23µg (1.51%)