



Slow-Cooker Cajun-Seasoned Chicken



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 2 teaspoons cajun spice
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 0.3 cup celery chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup onion chopped
- ☐ 1.3 cups rice long-grain white uncooked
- ☐ 1.3 lb chicken thighs boneless skinless

☐ 2.7 cups water

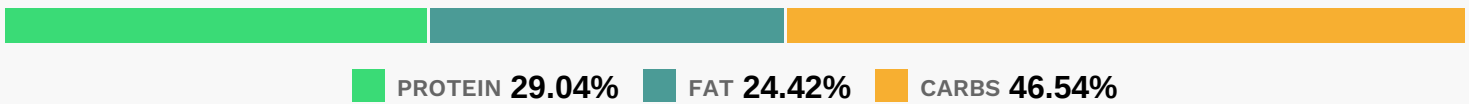
Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ In 10-inch nonstick skillet, cook bacon over medium-high heat until crisp.
- ☐ Add bell pepper, onion and celery; cook 2 to 3 minutes longer or until crisp-tender. With slotted spoon, spoon bacon and vegetables into 3 1/2- or 4-quart slow cooker.
- ☐ Sprinkle chicken thighs with 1 teaspoon of the Cajun seasoning; place in same skillet. Cook chicken 4 to 5 minutes, turning once, until browned on both sides. Arrange chicken and any remaining drippings over vegetables in slow cooker.
- ☐ Pour tomatoes over chicken. Stir in remaining teaspoon Cajun seasoning.
- ☐ Cover; cook on Low heat setting 8 to 9 hours.
- ☐ About 30 minutes before serving time, cook rice in water as directed on package.
- ☐ Serve chicken and sauce over rice.

Nutrition Facts



Properties

Glycemic Index:36.3, Glycemic Load:29.99, Inflammation Score:-7, Nutrition Score:22.384782664154%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 491.47kcal (24.57%), Fat: 13.1g (20.15%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 56.15g (18.72%), Net Carbohydrates: 53.38g (19.41%), Sugar: 3.58g (3.98%), Cholesterol: 145.55mg (48.52%), Sodium: 400mg (17.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.04g (70.07%), Selenium: 44.9µg (64.15%), Vitamin B3: 10.52mg (52.6%), Vitamin B6: 0.97mg (48.48%), Manganese: 0.83mg (41.63%), Phosphorus: 390.55mg (39.06%), Vitamin C: 25.48mg (30.88%), Vitamin B5: 2.61mg (26.1%), Vitamin B2: 0.37mg (22.05%), Zinc: 3.27mg (21.83%), Potassium: 730.48mg (20.87%), Vitamin B1: 0.28mg (18.82%), Copper: 0.34mg (17.18%), Magnesium: 68.22mg (17.05%), Iron: 3mg (16.67%), Vitamin B12: 0.99µg (16.49%), Vitamin A: 750.36IU (15.01%), Fiber: 2.77g (11.06%), Vitamin K: 11.22µg (10.69%), Vitamin E: 1.47mg (9.81%), Calcium: 76.42mg (7.64%), Folate: 25.35µg (6.34%)