



Slow-Cooker Chicken and Vegetables with Pineapple

 Dairy Free

READY IN



345 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken thighs boneless skinless cut into 1/2-inch strips
- ☐ 2 tablespoons soya sauce
- ☐ 0.8 cup carrots sliced
- ☐ 8 oz water chestnuts drained sliced canned
- ☐ 8 oz pineapple chunks unsweetened drained canned
- ☐ 2 cups rice long-grain white uncooked
- ☐ 4 cups water

- ☐ 0.5 cup soy sauce
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon ginger grated
- ☐ 6 oz snow peas fresh
- ☐ 3 spring onion cut into 1-inch pieces, if desired

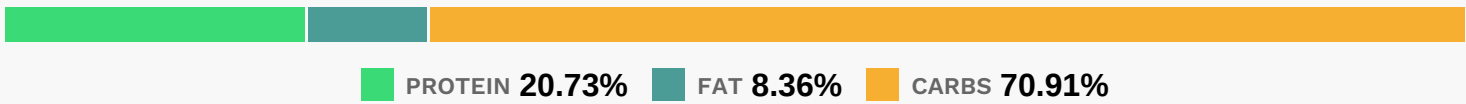
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In 3 1/2 to 4-quart slow cooker, combine chicken and soy sauce; mix to coat evenly.
- ☐ Add carrots, water chestnuts and reserved pineapple juice. Stir to combine.
- ☐ Cover; cook on low setting for 4 to 5 hours.
- ☐ About 30 minutes before serving, cook rice in water as directed on package.
- ☐ Meanwhile, in small bowl, combine sweet-and-sour sauce, cornstarch and gingerroot; stir until well blended. Stir into chicken mixture.
- ☐ Add pea pods, onions and pineapple chunks; stir gently to mix. Increase heat setting to high; cover and cook an additional 20 to 25 minutes or until pea pods are crisp-tender.
- ☐ Serve chicken mixture over rice.

Nutrition Facts



Properties

Glycemic Index:28.34, Glycemic Load:30.33, Inflammation Score:-9, Nutrition Score:21.060434963392%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 493.83kcal (24.69%), Fat: 4.48g (6.9%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 85.54g (28.51%), Net Carbohydrates: 81.37g (29.59%), Sugar: 23.23g (25.82%), Cholesterol: 89.77mg (29.92%), Sodium: 796.38mg (34.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25g (50%), Vitamin A: 3082.52IU (61.65%), Selenium: 31.55µg (45.08%), Manganese: 0.88mg (43.98%), Vitamin B6: 0.73mg (36.37%), Vitamin B3: 7.18mg (35.91%), Phosphorus: 292.46mg (29.25%), Vitamin C: 23.41mg (28.37%), Vitamin K: 24.8µg (23.62%), Vitamin B5: 2.13mg (21.27%), Copper: 0.36mg (17.85%), Zinc: 2.55mg (17.01%), Fiber: 4.17g (16.68%), Potassium: 557.44mg (15.93%), Vitamin B2: 0.27mg (15.63%), Vitamin B1: 0.23mg (15.55%), Iron: 2.74mg (15.24%), Magnesium: 59.91mg (14.98%), Vitamin B12: 0.6µg (10.08%), Folate: 33.91µg (8.48%), Calcium: 61.88mg (6.19%), Vitamin E: 0.79mg (5.27%)