



Slow-Cooker Chicken Chow Mein

 Dairy Free

READY IN



390 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz water chestnuts drained sliced canned
- 1 cup carrots sliced
- 1 cup celery stalks coarsely chopped
- 1 cup chicken broth
- 1.5 lb chicken thighs boneless skinless trimmed cut into 1-inch pieces
- 4 servings chow mein noodles
- 2 tablespoons cornstarch
- 3 oz mushrooms fresh sliced

- 2 cloves garlic finely chopped
- 0.5 teaspoon ginger finely chopped
- 0.5 cup onion chopped
- 4 oz snow peas
- 2 tablespoons soya sauce
- 1 tablespoon vegetable oil
- 3 tablespoons water cold

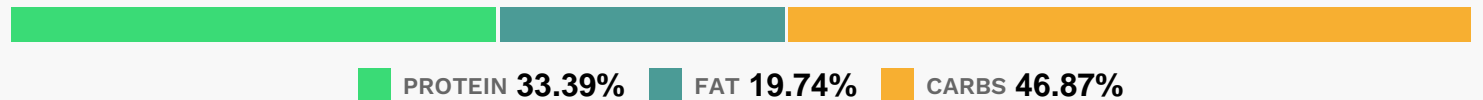
Equipment

- bowl
- frying pan
- slow cooker

Directions

- In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil about 5 minutes, turning once, until brown.
- Spray 3 1/2- to 6-quart slow cooker with cooking spray. In slow cooker, place carrots, celery, onion, garlic and water chestnuts; top with chicken. In small bowl, mix broth, soy sauce and gingerroot; pour over chicken. Cover; cook on Low heat setting 6 to 8 hours.
- In small bowl, mix cornstarch and water until smooth; stir into chicken mixture. Stir in mushrooms and pea pods. Increase heat setting to High. Cover; cook 15 minutes longer.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:28.542608728875%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 544.53kcal (27.23%), Fat: 11.86g (18.24%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 63.35g (21.12%), Net Carbohydrates: 55.41g (20.15%), Sugar: 7.86g (8.74%), Cholesterol: 162.77mg (54.26%), Sodium: 1275.38mg (55.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.12g (90.24%), Vitamin A: 5809.98IU (116.2%), Selenium: 42.11µg (60.15%), Vitamin B3: 11.67mg (58.36%), Vitamin B6: 1.09mg (54.44%), Phosphorus: 408.41mg (40.84%), Fiber: 7.95g (31.79%), Vitamin B2: 0.52mg (30.54%), Vitamin B5: 2.92mg (29.2%), Vitamin K: 30.17µg (28.73%), Iron: 5.12mg (28.42%), Vitamin C: 23.22mg (28.15%), Potassium: 879.45mg (25.13%), Zinc: 3.35mg (22.35%), Manganese: 0.39mg (19.75%), Vitamin B1: 0.28mg (18.59%), Vitamin B12: 1.11µg (18.48%), Copper: 0.33mg (16.73%), Magnesium: 65.9mg (16.47%), Folate: 48.09µg (12.02%), Vitamin E: 1.45mg (9.65%), Calcium: 64.12mg (6.41%)