



## Slow-Cooker Chicken-Coconut-Pineapple Curry

 Gluten Free  Dairy Free

READY IN



415 min.

SERVINGS



6

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 lb chicken thighs boneless skinless cut into 1-inch pieces
- 1.5 lb sweet potatoes and into peeled cut into 3/4-inch pieces
- 14 oz coconut milk canned (not cream of coconut)
- 8 oz pineapple chunks drained canned
- 4 oz chilis green chopped canned
- 0.5 cup chicken broth (from 32-oz carton)
- 4 teaspoons curry powder

- 2 teaspoons cornstarch
- 0.5 teaspoon salt
- 1 medium bell pepper red cut into bite-size strips
- 1 cup snow peas fresh
- 1 large banana firm ripe cut in half lengthwise, then cut crosswise into 1-inch chunks
- 2 cups rice white instant uncooked

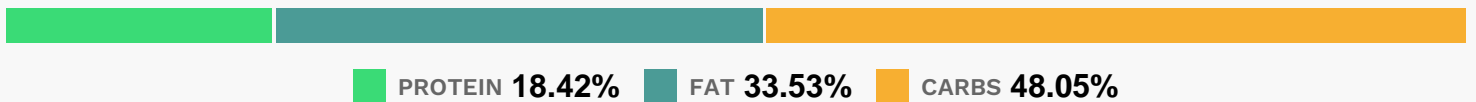
## Equipment

- slow cooker

## Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix all ingredients except bell pepper, pea pods, banana and rice.
- Cover; cook on Low heat setting 6 to 7 hours.
- Stir in bell pepper and pea pods. Cover; cook about 30 minutes longer or until bell pepper and pea pods are crisp-tender. Stir in banana. Meanwhile, cook rice as directed on package.
- Serve curry mixture over rice.

## Nutrition Facts



## Properties

Glycemic Index:24.96, Glycemic Load:14.03, Inflammation Score:-10, Nutrition Score:31.939999663312%

## Flavonoids

Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 537.94kcal (26.9%), Fat: 20.44g (31.44%), Saturated Fat: 15.08g (94.24%), Carbohydrates: 65.9g (21.97%), Net Carbohydrates: 57.8g (21.02%), Sugar: 16.73g (18.59%), Cholesterol: 90.17mg (30.06%), Sodium: 503.54mg (21.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.53%), Vitamin A: 16979.75IU (339.6%), Manganese: 1.39mg (69.31%), Vitamin C: 51.9mg (62.91%), Selenium: 37.7µg (53.85%), Vitamin B6: 0.95mg (47.39%), Vitamin B3: 9.18mg (45.89%), Vitamin B1: 0.55mg (36.42%), Phosphorus: 359.03mg (35.9%), Folate: 140.34µg (35.08%), Fiber: 8.09g (32.37%), Iron: 5.59mg (31.07%), Potassium: 1043.43mg (29.81%), Copper: 0.54mg (26.98%), Vitamin B5: 2.56mg (25.65%), Magnesium: 101.03mg (25.26%), Zinc: 2.88mg (19.21%), Vitamin B2: 0.32mg (18.81%), Vitamin K: 11.64µg (11.09%), Vitamin B12: 0.61µg (10.15%), Calcium: 89.1mg (8.91%), Vitamin E: 1.28mg (8.56%)