



Slow-Cooker Chicken Curry

 Gluten Free

READY IN



500 min.

SERVINGS



20

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.8 lb chicken thighs bone-in
- 1 cup knudsen cream light sour
- 2 Tbsp curry powder
- 1 onion chopped
- 16 oz taco bellâ® & chunky salsa thick

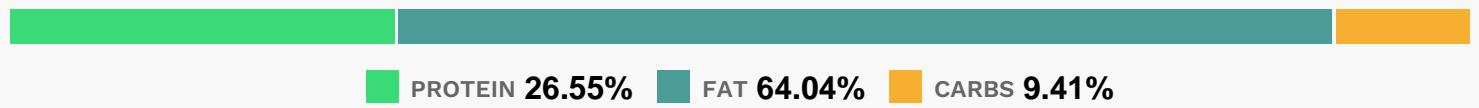
Equipment

- slow cooker

Directions

- Place chicken in slow cooker.
- Combine next 3 ingredients; pour over chicken. Cover with lid.
- Cook on LOW 8 to 10 hours (or on HIGH 5 hours).
- Transfer chicken to platter, reserving sauce in slow cooker.
- Add sour cream to sauce; mix well.
- Serve spooned over chicken.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:5.0991304853688%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 142.56kcal (7.13%), Fat: 10.16g (15.63%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.14g (1.27%), Cholesterol: 55.98mg (18.66%), Sodium: 199.69mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Selenium: 10.61µg (15.16%), Vitamin B3: 2.75mg (13.76%), Vitamin B6: 0.24mg (11.89%), Phosphorus: 102.98mg (10.3%), Vitamin B12: 0.39µg (6.46%), Potassium: 209.32mg (5.98%), Vitamin B5: 0.59mg (5.91%), Vitamin B2: 0.09mg (5.55%), Zinc: 0.8mg (5.34%), Magnesium: 16.77mg (4.19%), Vitamin A: 194.25IU (3.89%), Vitamin E: 0.56mg (3.75%), Vitamin B1: 0.06mg (3.73%), Iron: 0.66mg (3.65%), Manganese: 0.07mg (3.41%), Calcium: 31.08mg (3.11%), Fiber: 0.71g (2.84%), Vitamin K: 2.77µg (2.64%), Copper: 0.05mg (2.54%), Folate: 5.78µg (1.44%), Vitamin C: 1.01mg (1.23%)