



Slow Cooker Chicken Curry



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound rotisserie chicken breast meat boneless skinless cubed
- ☐ 10.5 ounce condensed chicken broth canned
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons curry powder
- ☐ 2 large potatoes cubed
- ☐ 10 ounce stir-fry vegetables mixed frozen
- ☐ 2.5 cups water

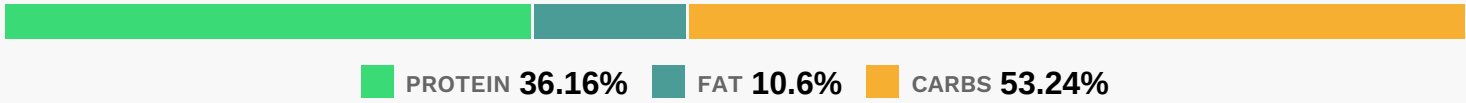
Equipment

☐ slow cooker

Directions

- ☐ Combine chicken, potatoes, broth, water and curry powder in slow cooker.
- ☐ Cook on Low setting for 8 hours (or on High setting for 4 hours).
- ☐ During last hour of cooking (last 1/2 hour if cooking on High), add vegetables. Immediately after stirring in vegetables, dissolve cornstarch into some of the cooking broth and stir in. Cover and continue cooking to completion.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:26.65, Inflammation Score:-10, Nutrition Score:28.230434448823%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 338.53kcal (16.93%), Fat: 4.04g (6.22%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 37.76g (13.73%), Sugar: 1.84g (2.05%), Cholesterol: 74.06mg (24.69%), Sodium: 461.14mg (20.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.02g (62.05%), Vitamin B6: 1.5mg (74.81%), Vitamin B3: 14.93mg (74.63%), Vitamin A: 3667.75IU (73.35%), Vitamin C: 45.42mg (55.05%), Selenium: 37.99µg (54.27%), Potassium: 1406.32mg (40.18%), Phosphorus: 398.82mg (39.88%), Manganese: 0.64mg (31.81%), Fiber: 7.91g (31.63%), Magnesium: 98.83mg (24.71%), Vitamin B5: 2.28mg (22.84%), Vitamin B1: 0.33mg (21.99%), Iron: 3.48mg (19.34%), Copper: 0.36mg (17.8%), Vitamin B2: 0.28mg (16.77%), Folate: 59.23µg (14.81%), Zinc: 1.7mg (11.34%), Calcium: 67.32mg (6.73%), Vitamin K: 6.73µg (6.41%), Vitamin E: 0.92mg (6.16%), Vitamin B12: 0.24µg (4.03%)