



Slow-Cooker Chicken Stew with Pepper and Pineapple

 Gluten Free  Dairy Free

READY IN



515 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast boneless skinless cut into 1 1/2-inch pieces
- 4 medium carrots cut into 1-inch pieces
- 0.5 cup chicken broth (from 32-ounce carton)
- 2 tablespoons ground ginger finely chopped
- 1 tablespoon brown sugar packed
- 2 tablespoons soya sauce
- 0.5 teaspoon ground allspice

- 0.5 teaspoon hot sauce red
- 8 ounces pineapple chunks drained canned
- 1 tablespoon cornstarch
- 1 medium bell pepper cut into 1-inch pieces

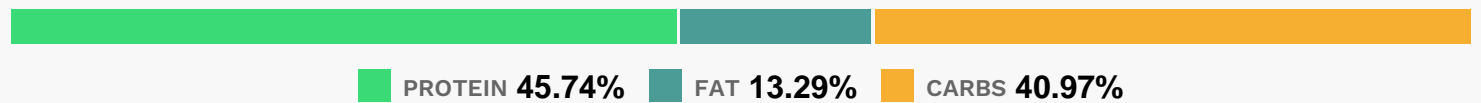
Equipment

- slow cooker

Directions

- Mix all ingredients except pineapple, cornstarch and bell pepper in 3 1/2- to 6-quart slow cooker.
- Cover and cook on low heat setting 7 to 8 hours (or high heat setting 3 to 4 hours) or until vegetables are tender and chicken is no longer pink in center.
- Mix reserved pineapple juice and cornstarch until smooth; gradually stir into chicken mixture. Stir in pineapple and bell pepper.
- Cover and cook on high heat setting about 15 minutes or until slightly thickened. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:27.21, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:24.991739179777%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 231.31kcal (11.57%), Fat: 3.44g (5.29%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 20.27g (7.37%), Sugar: 15.51g (17.23%), Cholesterol: 73.16mg (24.39%), Sodium: 802.21mg (34.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.22%), Vitamin A: 11188IU (223.76%), Vitamin B3: 13.55mg (67.76%), Vitamin C: 48.86mg (59.22%), Vitamin B6: 1.1mg (54.94%), Selenium: 38.29µg (54.7%), Manganese: 1.04mg (51.95%), Phosphorus: 288.98mg (28.9%), Potassium: 812.6mg (23.22%), Vitamin B5: 1.93mg (19.3%), Magnesium: 58.81mg (14.7%), Fiber: 3.57g (14.27%), Vitamin B1: 0.2mg (13.32%), Vitamin B2: 0.22mg (13.05%), Vitamin K: 10.17µg (9.68%), Iron: 1.67mg (9.28%), Folate: 34.74µg (8.69%), Copper: 0.16mg (7.81%), Vitamin E: 1.11mg (7.41%), Zinc: 1.09mg (7.27%), Calcium: 47mg (4.7%), Vitamin B12: 0.23µg (3.88%)