



Slow Cooker Chicken Thai Ramen Noodles

 Dairy Free

READY IN



275 min.

SERVINGS



6

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber diced
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 inch ginger fresh grated
- ☐ 2 cloves garlic minced
- ☐ 2 bell peppers diced green
- ☐ 2 green onions chopped
- ☐ 13.5 ounce coconut milk light canned

- ☐ 1 onion chopped
- ☐ 0.5 cup peanut butter
- ☐ 6 ounce japanese ramen noodles
- ☐ 2 pounds chicken thighs diced boneless skinless
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon thai garlic chile paste
- ☐ 3 cups water

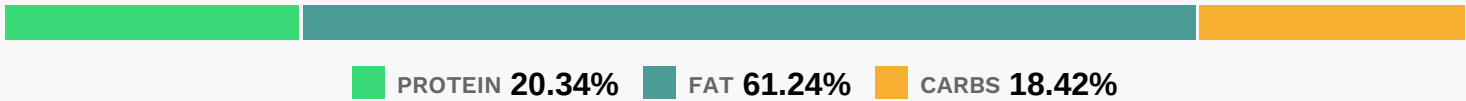
Equipment

- ☐ slow cooker

Directions

- ☐ Combine water, soy sauce, coconut milk, chile paste, and peanut butter in slow cooker crock. Stir in onion, garlic, ginger, green pepper, and diced chicken. Cook on High until chicken is no longer pink, about 4 hours.
- ☐ Stir the ramen noodles into the crock; reserve seasoning packets. Cook on High until noodles are soft, 15 to 20 minutes. Season to taste with ramen seasoning packets.
- ☐ Garnish soup with cucumbers, green onions, cilantro, and basil before serving.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:23.347826242447%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 660.09kcal (33%), Fat: 44.93g (69.13%), Saturated Fat: 15.37g (96.06%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 27.38g (9.95%), Sugar: 4.9g (5.45%), Cholesterol: 148.17mg (49.39%), Sodium: 1016.47mg (44.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.17%), Vitamin B3: 11.47mg (57.33%), Vitamin C: 41.51mg (50.31%), Selenium: 32.32µg (46.17%), Vitamin B6: 0.79mg (39.49%), Phosphorus: 371.29mg (37.13%), Manganese: 0.64mg (31.87%), Vitamin B1: 0.48mg (31.85%), Vitamin K: 29.75µg (28.33%), Magnesium: 84.89mg (21.22%), Vitamin B2: 0.35mg (20.47%), Vitamin B5: 1.97mg (19.67%), Vitamin E: 2.95mg (19.67%), Zinc: 2.86mg (19.1%), Potassium: 640.69mg (18.31%), Folate: 70.07µg (17.52%), Vitamin B12: 1.04µg (17.31%), Iron: 2.99mg (16.62%), Copper: 0.3mg (15.24%), Fiber: 3.03g (12.11%), Vitamin A: 540.95IU (10.82%), Calcium: 54.49mg (5.45%), Vitamin D: 0.15µg (1.01%)