



Slow-Cooker Chinese Chicken Soup

 **Gluten Free**  **Dairy Free**

READY IN



428 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon five-spice powder chinese
- 8 ounce water chestnuts undrained sliced canned
- 3 medium carrots sliced
- 4 green onions cut into 2-inch pieces
- 0.3 cup soya sauce low-sodium
- 0.5 teaspoon pepper
- 15.3 ounce pineapple tidbits in juice undrained canned
- 0.5 teaspoon salt

- 8 ounce skinned bone-in
- 12 ounce skinned bone-in

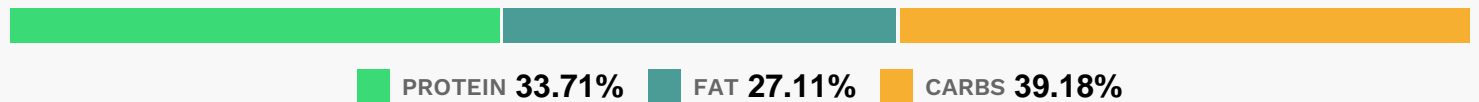
Equipment

- slow cooker

Directions

- Drain pineapple and water chestnuts, reserving liquids.
- Add soy sauce and five-spice powder to liquids; stir well.
- Place pineapple, water chestnuts, carrot, and green onions in a 3 1/2-quart slow cooker.
- Sprinkle salt and pepper over chicken; place chicken over vegetables.
- Pour liquid mixture over chicken. Cover and cook on high heat setting 1 hour; reduce heat to low setting, and cook 6 hours.
- Remove chicken from bones, and shred meat.
- Add meat to vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:24.966521745143%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 349.44kcal (17.47%), Fat: 10.7g (16.46%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 29.28g (10.65%), Sugar: 20.15g (22.38%), Cholesterol: 101.66mg (33.89%), Sodium: 1232.99mg (53.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.88%), Vitamin A: 7883.48IU (157.67%), Vitamin B3: 12.52mg (62.58%), Vitamin B6: 1.13mg (56.7%), Selenium: 37.56µg (53.65%), Phosphorus: 338.75mg (33.87%), Vitamin K: 33.4µg (31.81%), Potassium: 920.34mg (26.3%), Fiber: 5.53g (22.12%), Vitamin C: 17.43mg (21.12%), Vitamin B5: 2.04mg (20.38%), Magnesium: 76.28mg (19.07%), Vitamin B1: 0.26mg (17.21%), Manganese:

0.34mg (16.82%), Vitamin B2: 0.28mg (16.63%), Copper: 0.3mg (15.15%), Iron: 2.62mg (14.54%), Zinc: 1.91mg (12.71%), Folate: 41.19µg (10.3%), Vitamin B12: 0.48µg (7.98%), Vitamin E: 1.18mg (7.9%), Calcium: 65.05mg (6.5%)