



Slow Cooker Coconut Curry Chicken

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

READY IN



320 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.5 ounce coconut milk canned
- 1 cup chicken broth
- 1 tablespoon coconut or flaked to taste
- 1 tablespoon cornstarch
- 0.3 cup curry powder
- 1 clove garlic minced
- 0.3 teaspoon ground pepper black
- 1 onion chopped

- 2 potatoes cubed peeled
- 1 tablespoon raisins to taste
- 1 bell pepper red chopped
- 0.3 teaspoon salt
- 2 pounds chicken breasts boneless skinless cut into cubes

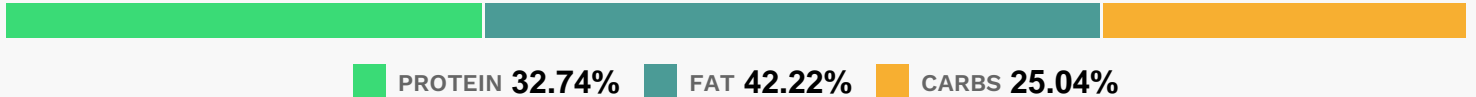
Equipment

- slow cooker

Directions

- Place chicken, potatoes, onion, garlic, coconut milk, chicken broth, curry powder, salt, and black pepper in a slow cooker.
- Cook on Low for 4 hours.
- Add red bell pepper and continue to cook for 45 minutes. Stir in cornstarch and cook until thickened, about 15 minutes more.
- Sprinkle with raisins and coconut flakes to serve.

Nutrition Facts



Properties

Glycemic Index:44.76, Glycemic Load:10.94, Inflammation Score:-8, Nutrition Score:30.365652115449%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 439.56kcal (21.98%), Fat: 21.24g (32.68%), Saturated Fat: 15.06g (94.14%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 21.03g (7.65%), Sugar: 4.8g (5.34%), Cholesterol: 97.55mg (32.52%), Sodium: 439.3mg (19.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.06g (74.11%), Vitamin B3: 17.68mg (88.42%), Vitamin B6: 1.57mg (78.48%), Selenium: 54.79µg (78.27%), Manganese: 1.25mg (62.59%), Vitamin C: 45.76mg

(55.46%), Phosphorus: 472.88mg (47.29%), Potassium: 1282.19mg (36.63%), Iron: 5.34mg (29.69%), Fiber: 7.32g (29.26%), Magnesium: 110.7mg (27.67%), Vitamin B5: 2.58mg (25.82%), Copper: 0.4mg (20.07%), Vitamin E: 2.9mg (19.3%), Vitamin A: 766.61IU (15.33%), Vitamin B1: 0.23mg (15.12%), Vitamin B2: 0.25mg (14.86%), Folate: 55.58µg (13.9%), Zinc: 2.05mg (13.64%), Vitamin K: 12.75µg (12.14%), Calcium: 82.86mg (8.29%), Vitamin B12: 0.31µg (5.17%), Vitamin D: 0.15µg (1.01%)