



Slow Cooker Curried Chicken and Rice

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

READY IN



515 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium apples chopped
- 14 oz chicken broth canned
- 3 Tbsp curry powder
- 2 cups minute rice white uncooked
- 1 medium onion chopped
- 2 cups peas frozen thawed
- 3 medium potatoes cubed
- 1 tsp salt

1.5 lb chicken thighs boneless skinless

Equipment

slow cooker

Directions

Place chicken in slow cooker; top with potatoes, onions and apples.

Sprinkle with curry powder and salt.

Add enough water to broth to measure 2 cups; pour over ingredients in slow cooker. Cover with lid. Cook on LOW for 7 to 8 hours (or on HIGH for 4 to 5 hours).

Stir in peas and rice. Cover. Cook on LOW an additional 20 min. or until rice is tender.

Nutrition Facts



PROTEIN 35.95% **FAT 19.38%** **CARBS 44.67%**

Properties

Glycemic Index:32.01, Glycemic Load:17.01, Inflammation Score:-8, Nutrition Score:30.104782412881%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 520.75kcal (26.04%), Fat: 11.08g (17.05%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 49.76g (18.09%), Sugar: 7.6g (8.45%), Cholesterol: 140.8mg (46.93%), Sodium: 821.69mg (35.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.27g (92.54%), Selenium: 50.28µg (71.83%), Vitamin B3: 12.22mg (61.1%), Vitamin B6: 1.13mg (56.59%), Vitamin C: 43.42mg (52.64%), Phosphorus: 479.64mg (47.96%), Manganese: 0.83mg (41.6%), Vitamin B1: 0.6mg (40.19%), Folate: 142.39µg (35.6%), Iron: 6.12mg (34.03%), Zinc: 4.87mg (32.45%), Fiber: 7.73g (30.91%), Potassium: 1060.98mg (30.31%), Magnesium: 94.47mg (23.62%), Vitamin

B2: 0.39mg (23.2%), Vitamin B12: 1.39µg (23.12%), Vitamin K: 22.73µg (21.65%), Copper: 0.39mg (19.44%), Vitamin B5: 1.89mg (18.91%), Vitamin A: 563.98IU (11.28%), Vitamin E: 1.25mg (8.34%), Calcium: 71.97mg (7.2%)