



Slow Cooker Golden Sesame Ginger Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 cup apricot dried coarsely chopped
- ☐ 0.3 cup dehydrated onion dried minced
- ☐ 2 garlic clove sliced
- ☐ 0.5 cup golden raisins
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 20 ounce dole pineapple tidbits drained canned
- ☐ 1 teaspoon pepper red

- ☐ 1 cup rice long-grain
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 pounds sweet potatoes and into peeled cut into 2-inch chunks
- ☐ 16 ounce sesame-ginger dressing low fat
- ☐ 1.3 cups water

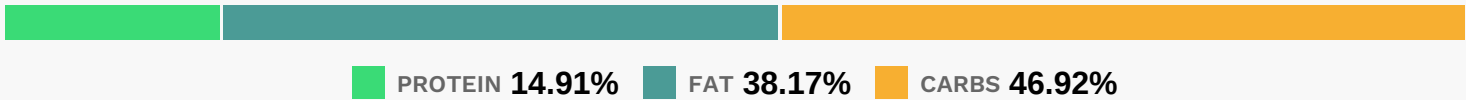
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Place sweet potatoes, apricots, raisins, pineapple and garlic in a slow cooker coated with cooking spray. Top with chicken breasts and ginger dressing.
- ☐ Sprinkle with onion flakes and red pepper flakes. Cover and cook on LOW 5 to 6 hours or until chicken is tender.
- ☐ Combine cornstarch with reserved 2 tablespoons reserved dressing, and add to chicken mixture to thicken sauce.
- ☐ Prepare rice in a saucepan according to package directions using 1 cup water and cup reserved pineapple liquid in place of some of the water. Set aside and keep warm.
- ☐ To serve, spoon rice evenly onto 4 plates. Top each with a chicken breast and the sweet potato mixture.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:67.81, Glycemic Load:58.86, Inflammation Score:-10, Nutrition Score:48.583913093028%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 1309.78kcal (65.49%), Fat: 56.61g (87.09%), Saturated Fat: 8.18g (51.16%), Carbohydrates: 156.55g (52.18%), Net Carbohydrates: 142.09g (51.67%), Sugar: 69.35g (77.06%), Cholesterol: 108.86mg (36.29%), Sodium: 1480.5mg (64.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.74g (99.48%), Vitamin A: 33783.45IU (675.67%), Vitamin B6: 2.15mg (107.33%), Vitamin B3: 21.38mg (106.88%), Selenium: 66.68µg (95.25%), Vitamin K: 97.21µg (92.58%), Potassium: 2438.88mg (69.68%), Manganese: 1.37mg (68.28%), Phosphorus: 635.6mg (63.56%), Fiber: 14.46g (57.83%), Vitamin E: 8.36mg (55.73%), Vitamin B5: 4.99mg (49.87%), Copper: 0.87mg (43.56%), Magnesium: 159.21mg (39.8%), Vitamin C: 28.03mg (33.98%), Vitamin B1: 0.5mg (33.57%), Iron: 5.03mg (27.93%), Vitamin B2: 0.44mg (25.92%), Calcium: 188.82mg (18.88%), Zinc: 2.8mg (18.64%), Folate: 62.26µg (15.57%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)