



 **46%**
HEALTH SCORE

Slow Cooker Soy-Ginger Chicken

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

READY IN



390 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup soya sauce
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 5 garlic clove thinly sliced
- 0.7 cup cilantro leaves fresh chopped for garnish
- 1 piece ginger fresh peeled cut into thin strips (2 inches long)
- 1 cup spring onion packed thinly sliced
- 1 tablespoon balsamic vinegar

- 1 teaspoon ground coriander
- 0.5 teaspoon pepper
- 4 squirrels skinless ()
- 1 tablespoon cornstarch
- 2 medium carrots thinly sliced
- 1 serving rice white cooked for serving
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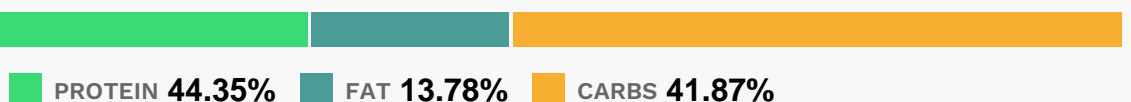
Equipment

- sauce pan
- ladle
- whisk
- measuring cup
- slow cooker

Directions

- In a 5- to 6-quart slow cooker, stir together soy sauce, sugar, garlic, cilantro, ginger, 1/2 cup scallions, vinegar, coriander, and pepper.
- Add chicken and carrots; toss to coat. Cover, and cook on low until chicken is tender, about 6 hours. Using a large spoon, skim off and discard any fat from surface of cooking liquid.
- In a 2-cup glass measuring cup, whisk cornstarch with 1 tablespoon water. Ladle 1 cup cooking liquid into measuring cup; whisk to combine.
- Pour into a small saucepan, and bring to a boil; cook until thickened, about 1 minute. With slow cooker turned off, stir in cornstarch mixture.
- Serve chicken with white rice, and garnish with cilantro sprigs and remaining 1/2 cup scallions.

Nutrition Facts



Properties

Glycemic Index:144.96, Glycemic Load:20.19, Inflammation Score:-10, Nutrition Score:26.343912845073%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 377.89kcal (18.89%), Fat: 5.69g (8.75%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 36.51g (13.28%), Sugar: 14.72g (16.35%), Cholesterol: 119mg (39.67%), Sodium: 1243.27mg (54.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.18g (82.37%), Vitamin A: 5614.63IU (112.29%), Vitamin B3: 15.53mg (77.67%), Vitamin K: 67.58µg (64.36%), Vitamin B6: 0.94mg (47.05%), Selenium: 32.38µg (46.26%), Phosphorus: 376.19mg (37.62%), Manganese: 0.63mg (31.27%), Vitamin B5: 2.26mg (22.65%), Zinc: 3.26mg (21.73%), Potassium: 683.97mg (19.54%), Vitamin B2: 0.33mg (19.24%), Magnesium: 72.08mg (18.02%), Iron: 2.9mg (16.13%), Vitamin C: 12.49mg (15.14%), Vitamin B1: 0.19mg (12.83%), Copper: 0.23mg (11.43%), Vitamin B12: 0.63µg (10.48%), Folate: 41.07µg (10.27%), Fiber: 2.37g (9.5%), Calcium: 82.84mg (8.28%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.17µg (1.13%)