



Slow-Cooker Spicy Chicken in Peanut Sauce

 Dairy Free

READY IN



435 min.

SERVINGS



4

CALORIES



771 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 3 lb chicken thighs skinless
- ☐ 1 cup onion chopped
- ☐ 29 oz canned tomatoes diced with green chilies, undrained canned
- ☐ 14.5 oz canned tomatoes crushed undrained canned
- ☐ 2 tablespoons honey
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 cup creamy peanut butter
- ☐ 2 cups couscous hot cooked

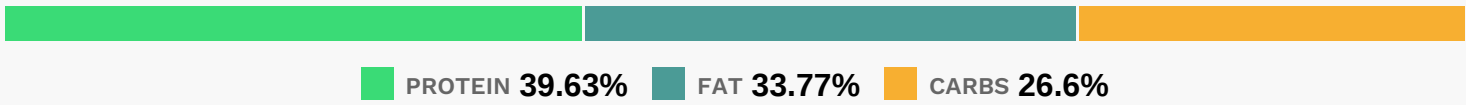
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil about 4 minutes, turning once, until brown.
- ☐ In 4- to-5-quart slow cooker, mix onion, diced and crushed tomatoes, honey, cumin and cinnamon.
- ☐ Add chicken. Spoon tomato mixture over chicken.
- ☐ Cover and cook on Low heat setting 7 to 8 hours.
- ☐ Stir in peanut butter until melted and well blended.
- ☐ Serve chicken and sauce over couscous.

Nutrition Facts



Properties

Glycemic Index:51.57, Glycemic Load:19.12, Inflammation Score:-8, Nutrition Score:43.379130653713%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 770.96kcal (38.55%), Fat: 29.26g (45.02%), Saturated Fat: 6.32g (39.53%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 44.67g (16.25%), Sugar: 22.09g (24.55%), Cholesterol: 323.18mg (107.73%), Sodium: 558.47mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.25g (154.5%), Selenium: 100.51µg (143.59%), Vitamin B3: 25.45mg (127.25%), Vitamin B6: 2.09mg (104.31%), Phosphorus: 814.34mg (81.43%), Vitamin

B5: 5.19mg (51.88%), Potassium: 1767.2mg (50.49%), Vitamin B2: 0.85mg (49.9%), Manganese: 0.95mg (47.71%),
Zinc: 6.62mg (44.15%), Magnesium: 171.28mg (42.82%), Iron: 7.39mg (41.05%), Vitamin B1: 0.58mg (38.54%),
Vitamin C: 31.66mg (38.37%), Vitamin E: 5.68mg (37.85%), Vitamin B12: 2.18µg (36.29%), Copper: 0.67mg (33.52%),
Fiber: 7.18g (28.74%), Vitamin K: 28.02µg (26.69%), Folate: 81.59µg (20.4%), Calcium: 167.91mg (16.79%), Vitamin A:
554.87IU (11.1%)