



Slow-Cooker Thai Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



555 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ginger grated
- 2 tablespoons juice of lime
- 0.3 cup peanut butter
- 0.3 cup peanuts chopped
- 0.8 cup salsa (any variety)
- 2 pounds chicken thighs skinless
- 1 tablespoon soya sauce

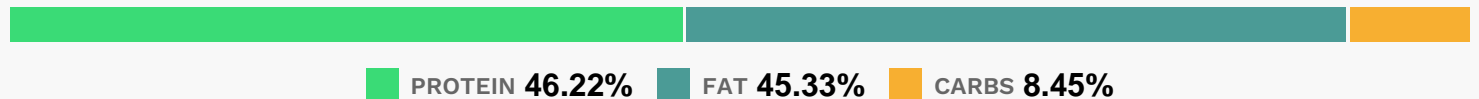
Equipment

- slotted spoon
- slow cooker

Directions

- Place chicken in 3 1/2- to 6-quart slow cooker.
- Mix remaining ingredients except peanuts and cilantro; pour over chicken.
- Cover and cook on low heat setting 8 to 9 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Remove chicken from cooker, using slotted spoon; place on serving platter.
- Remove sauce from slow cooker; skim fat from sauce.
- Pour sauce over chicken.
- Sprinkle with peanuts and cilantro. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:25.345217238302%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 437.32kcal (21.87%), Fat: 22.19g (34.15%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 6.7g (2.44%), Sugar: 3.76g (4.18%), Cholesterol: 215.46mg (71.82%), Sodium: 844.51mg (36.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.92g (101.83%), Vitamin B3: 17mg (85.02%), Selenium: 53.06µg (75.8%), Vitamin B6: 1.21mg (60.57%), Phosphorus: 536.94mg (53.69%), Vitamin B5: 3.18mg (31.81%),

Manganese: 0.59mg (29.72%), Zinc: 4.18mg (27.84%), Vitamin B2: 0.47mg (27.57%), Magnesium: 106.55mg (26.64%), Potassium: 861.69mg (24.62%), Vitamin B12: 1.45µg (24.19%), Vitamin B1: 0.31mg (20.65%), Vitamin E: 2.49mg (16.63%), Copper: 0.32mg (15.91%), Iron: 2.78mg (15.42%), Folate: 48.53µg (12.13%), Fiber: 2.6g (10.4%), Vitamin K: 9.34µg (8.89%), Vitamin A: 305.68IU (6.11%), Calcium: 53.8mg (5.38%), Vitamin C: 3.26mg (3.95%)