



Slow-Cooker Thai Chicken and Shrimp

 Dairy Free

READY IN



625 min.

SERVINGS



6

CALORIES



750 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package chicken thighs bone-in skinless (1 pound 4 ounces)
- 14 ounces coconut milk canned (not cream of coconut)
- 3.5 ounces satay sauce (2 envelopes)
- 1 cup carrots sliced
- 0.5 cup onion chopped
- 3 cups water
- 3 cups rice instant uncooked
- 1 pound shrimp frozen thawed deveined uncooked peeled

- 1 cup peas sweet frozen (from 1-pound bag)
- 1 tablespoon cornstarch
- 0.3 cup peanuts chopped
- 3 tablespoons cilantro leaves fresh chopped

Equipment

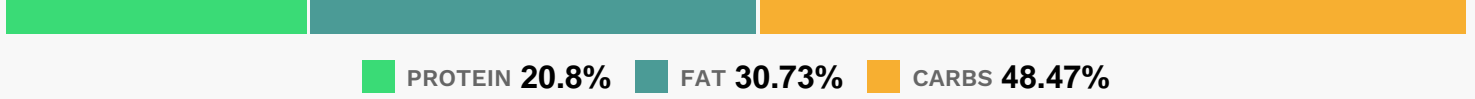
- bowl
- sauce pan
- slow cooker

Directions

- Place chicken in 3 1/2- to 4-quart slow cooker.
- Add coconut milk. Stir in both envelopes of sauce mix, carrots and
- onion.
- Cover and cook on low heat setting 8 to 10 hours.
- About 30 minutes before serving, heat water to boiling in 2-quart
- saucepan over high heat.
- Remove from heat and stir in rice; cover and
- let stand about 5 minutes or until water is absorbed. Fluff rice with fork
- before serving.
- Remove chicken from cooker; keep warm.
- Add shrimp and peas to
- cooker. Increase heat setting to high.
- Mix 1/4 cup sauce from cooker
- and the cornstarch in small bowl; stir into mixture in cooker.
- Cover and cook 5 to 10 minutes, stirring frequently, until shrimp are
- pink and firm and sauce has thickened slightly.
- Meanwhile, remove chicken from bones; coarsely chop chicken and
- return to cooker.

- Serve chicken mixture over rice.
- Garnish with peanuts
- and cilantro.

Nutrition Facts



Properties

Glycemic Index:37.6, Glycemic Load:46.47, Inflammation Score:-10, Nutrition Score:26.614782571793%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 750.17kcal (37.51%), Fat: 25.59g (39.36%), Saturated Fat: 15.43g (96.46%), Carbohydrates: 90.78g (30.26%), Net Carbohydrates: 85.14g (30.96%), Sugar: 8.19g (9.1%), Cholesterol: 175.48mg (58.49%), Sodium: 412.72mg (17.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.96g (77.93%), Manganese: 2.01mg (100.44%), Vitamin A: 3776.17IU (75.52%), Phosphorus: 509.32mg (50.93%), Selenium: 32.01µg (45.72%), Copper: 0.86mg (42.86%), Vitamin B3: 7.17mg (35.84%), Magnesium: 115.47mg (28.87%), Vitamin B6: 0.54mg (27.01%), Zinc: 3.88mg (25.89%), Potassium: 826.73mg (23.62%), Fiber: 5.65g (22.59%), Vitamin B5: 1.98mg (19.83%), Iron: 3.44mg (19.14%), Vitamin B1: 0.27mg (18.15%), Vitamin C: 13.82mg (16.75%), Folate: 62.13µg (15.53%), Vitamin B2: 0.2mg (12.04%), Calcium: 118.42mg (11.84%), Vitamin K: 11.28µg (10.75%), Vitamin B12: 0.36µg (6.04%), Vitamin E: 0.48mg (3.22%)