



Slow-Cooker Thai Chicken Thighs

 Dairy Free

READY IN



370 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 2.7 cups brown rice long-grain hot cooked
- 0.3 cup creamy peanut butter
- 0.3 cup chicken broth fat-free reduced-sodium
- 0.3 cup cilantro leaves fresh chopped
- 1 Tbsp gingerroot minced
- 2 Tbsp planters cocktail peanuts chopped
- 1.5 lb chicken thighs bone-in skinless

1 Tbsp lite soy sauce

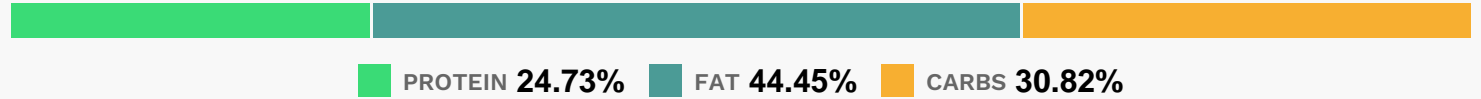
Equipment

slow cooker

Directions

- Place chicken in slow cooker sprayed with cooking spray.
- Mix next 5 ingredients until blended; pour over chicken. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours).
- Spoon rice onto platter.
- Remove chicken from slow cooker, reserving sauce in slow cooker; place chicken on rice. Skim fat from surface of sauce; discard fat.
- Pour 1/2 cup sauce over chicken; discard remaining sauce.
- Top chicken with cilantro and nuts.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:20.920869492966%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 464.63kcal (23.23%), Fat: 23.19g (35.68%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 32.35g (11.76%), Sugar: 3.58g (3.98%), Cholesterol: 96.96mg (32.32%), Sodium: 633.94mg (27.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.07%), Manganese: 1.59mg (79.68%), Vitamin B3: 10.91mg (54.54%), Selenium: 37.45µg (53.49%), Phosphorus: 387.08mg (38.71%), Vitamin B6: 0.75mg (37.35%), Magnesium: 118.98mg (29.74%), Zinc: 2.93mg (19.56%), Vitamin B5: 1.9mg (18.98%), Vitamin B1: 0.28mg (18.49%), Vitamin E: 2.5mg (16.68%), Copper: 0.31mg (15.74%), Vitamin B2: 0.26mg (15.45%), Fiber: 3.84g (15.38%), Vitamin K: 15.64µg (14.9%), Potassium: 484.89mg (13.85%), Iron: 2.09mg (11.59%), Vitamin B12: 0.68µg (11.36%), Folate: 36.91µg (9.23%), Calcium: 40.77mg (4.08%), Vitamin A: 97.6IU (1.95%)