



Slow-Cooker Thai Peanut Chicken

 Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.7 oz coconut milk unsweetened canned (not cream of coconut)
- 0.3 cup creamy peanut butter
- 2 tablespoons soya sauce
- 1 tablespoon worcestershire sauce
- 2 tablespoons curry paste red (see Tip)
- 2 tablespoons ginger peeled finely chopped
- 3 cloves garlic finely chopped
- 2.5 lb chicken thighs boneless skinless

- 1 teaspoon salt
- 0.5 cup flour all-purpose
- 2 tablespoons vegetable oil
- 2 tablespoons brown sugar packed
- 1 tablespoon juice of lime
- 0.3 cup cilantro leaves
- 0.3 cup roasted peanuts chopped

Equipment

- bowl
- frying pan
- whisk
- slow cooker

Directions

- Spray 4-quart slow cooker with cooking spray.
- In medium bowl, beat coconut milk, peanut butter, soy sauce, Worcestershire sauce, curry paste, gingerroot and garlic with whisk. Set aside.
- Season chicken with salt.
- Place flour in shallow bowl. Dredge chicken in flour. Discard remaining flour.
- In 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Arrange half of the chicken in skillet; cook, turning once, 4 to 5 minutes or until lightly browned.
- Transfer to slow cooker.
- Pour half of the coconut milk mixture over chicken in slow cooker. Repeat with remaining 1 tablespoon oil and chicken.
- Transfer to slow cooker, and pour remaining half of sauce over chicken.
- Cover; cook on Low heat setting 2 hours 30 minutes to 3 hours or until chicken is cooked through (at least 165°F).
- Transfer chicken to serving bowl.
- Stir brown sugar and lime juice into sauce in slow cooker.

Pour sauce over chicken; garnish with cilantro and peanuts.

Serve over rice, if desired.

Nutrition Facts

PROTEIN 29.16% **FAT 56.39%** **CARBS 14.45%**

Properties

Glycemic Index:30.17, Glycemic Load:6.34, Inflammation Score:-7, Nutrition Score:26.286956455397%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 603.75kcal (30.19%), Fat: 38.47g (59.19%), Saturated Fat: 18.34g (114.64%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 18.91g (6.87%), Sugar: 8.41g (9.35%), Cholesterol: 179.55mg (59.85%), Sodium: 1027.63mg (44.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.76g (89.51%), Vitamin B3: 14.78mg (73.88%), Selenium: 51.64µg (73.77%), Manganese: 1.11mg (55.65%), Phosphorus: 514.77mg (51.48%), Vitamin B6: 0.98mg (49.2%), Magnesium: 108.97mg (27.24%), Vitamin B5: 2.72mg (27.17%), Zinc: 3.93mg (26.19%), Vitamin B2: 0.44mg (25.6%), Potassium: 834.86mg (23.85%), Iron: 3.95mg (21.94%), Vitamin B1: 0.32mg (21.19%), Copper: 0.42mg (21.04%), Vitamin B12: 1.21µg (20.16%), Vitamin A: 881.47IU (17.63%), Vitamin K: 16.09µg (15.33%), Folate: 59.25µg (14.81%), Vitamin E: 2.15mg (14.34%), Fiber: 3.27g (13.08%), Calcium: 60.68mg (6.07%), Vitamin C: 4.11mg (4.98%)