



WHATSheATE



## Slow-Cooker Thai Peanut Chicken



Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 cup carrots sliced
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup spring onion sliced
- ☐ 13.5 oz satay sauce
- ☐ 0.3 cup peanuts chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 cup rice white uncooked
- ☐ 2 lb chicken thighs boneless skinless

☐ 2.3 cups water

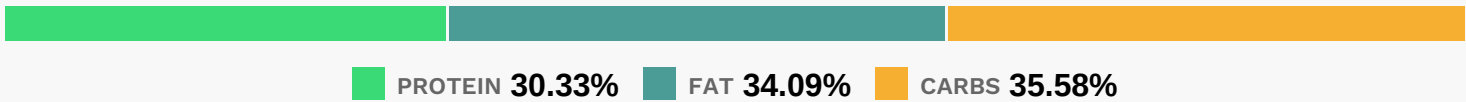
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray.
- ☐ Place chicken in cooker. In medium bowl, mix peanut sauce, carrots and onions; pour over chicken.
- ☐ Cover; cook on Low heat setting 5 to 6 hours.
- ☐ Cook rice in water as directed on package; spoon onto serving platter. With slotted spoon, remove chicken from cooker; place over rice.
- ☐ Pour sauce from cooker over chicken.
- ☐ Sprinkle with peanuts, cilantro and red bell pepper.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:15.68, Inflammation Score:-9, Nutrition Score:21.409565282905%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 508.47kcal (25.42%), Fat: 18.53g (28.5%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 41.61g (15.13%), Sugar: 12.76g (14.18%), Cholesterol: 143.64mg (47.88%), Sodium: 1055.32mg (45.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.18%), Vitamin A: 3190.09IU (63.8%), Selenium: 39.34µg (56.21%), Vitamin B3: 10.23mg (51.15%), Vitamin B6: 0.81mg (40.4%), Phosphorus: 353.78mg (35.38%), Manganese: 0.57mg (28.55%), Vitamin K: 24.8µg (23.62%), Vitamin B5: 2.32mg (23.25%), Vitamin C:

18.44mg (22.35%), Zinc: 2.87mg (19.16%), Vitamin B2: 0.32mg (18.69%), Vitamin B12: 0.97µg (16.13%), Potassium: 552.25mg (15.78%), Magnesium: 59.92mg (14.98%), Vitamin B1: 0.22mg (14.71%), Copper: 0.24mg (11.9%), Iron: 1.92mg (10.67%), Folate: 37.28µg (9.32%), Fiber: 1.91g (7.63%), Vitamin E: 0.66mg (4.38%), Calcium: 43.59mg (4.36%)