



Spicy Peanut Chicken Rice Bowl



Dairy Free



Popular

READY IN



490 min.

SERVINGS



4

CALORIES



1029 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings basil to taste
- ☐ 0.5 cup chicken broth
- ☐ 4 servings cilantro leaves to taste
- ☐ 4 cups rice cooked
- ☐ 4 eggs
- ☐ 2 green onions sliced
- ☐ 4 servings mint leaves to taste
- ☐ 1 cup thai spicy peanut sauce

- ☐ 0.3 cup peanuts coarsely chopped
- ☐ 4 servings birds eye chilies sliced to taste
- ☐ 0.3 cup fried shallots crispy
- ☐ 2 chicken breasts boneless skinless
- ☐ 1 cup pkt spinach steamed coarsely chopped

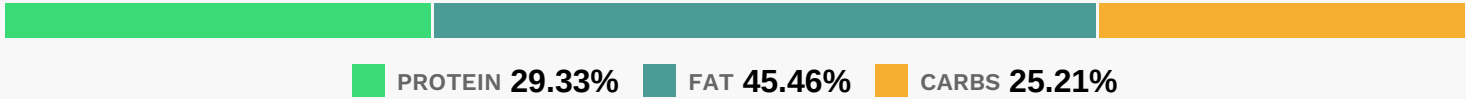
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Mix the peanut sauce and coconut milk and place it in the slow cooker along with the chicken and cook on low for 6–8 hours.
- ☐ Remove the chicken from liquid and shred.Assemble the rice bowl, mix and enjoy!

Nutrition Facts



Properties

Glycemic Index:79.81, Glycemic Load:48.65, Inflammation Score:-8, Nutrition Score:40.209564955338%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 1028.62kcal (51.43%), Fat: 51.06g (78.55%), Saturated Fat: 16.75g (104.68%), Carbohydrates: 63.71g (21.24%), Net Carbohydrates: 61.3g (22.29%), Sugar: 12.14g (13.49%), Cholesterol: 338.29mg (112.76%), Sodium: 1202.22mg (52.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.11g (148.22%), Selenium: 99.65µg (142.36%), Vitamin B3: 19.29mg (96.46%), Zinc: 13.63mg (90.85%), Vitamin B6: 1.65mg (82.61%), Vitamin B12: 4.26µg (71.03%), Phosphorus: 652.4mg (65.24%), Manganese: 1.18mg (58.81%), Vitamin K: 61.01µg (58.1%), Vitamin

B2: 0.87mg (51.42%), Iron: 6.15mg (34.14%), Potassium: 1123.84mg (32.11%), Magnesium: 116.18mg (29.04%), Vitamin B1: 0.37mg (24.77%), Vitamin A: 1207.45IU (24.15%), Vitamin B5: 2.32mg (23.2%), Copper: 0.46mg (22.89%), Folate: 82.34µg (20.58%), Fiber: 2.41g (9.63%), Calcium: 93.19mg (9.32%), Vitamin D: 1.16µg (7.75%), Vitamin C: 5.8mg (7.03%), Vitamin E: 0.85mg (5.69%)