



Sweet and Sour Crock Pot Chicken



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



5

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrots cut in half and in bite size chunks
- ☐ 1 teaspoon chicken bouillon granule instant
- ☐ 5 chicken breasts
- ☐ 6 cups rice hot cooked
- ☐ 0.3 cup brown sugar dark firm packed
- ☐ 1 teaspoon cilantro leaves dried
- ☐ 2 tablespoons ginger fresh minced
- ☐ 0.5 teaspoon garlic powder

- ☐ 1 bell pepper green cut into cubes
- ☐ 1 medium onion chopped
- ☐ 8 ounces dole pineapple tidbits canned
- ☐ 2 tablespoons quick-cooking tapioca
- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon soya sauce

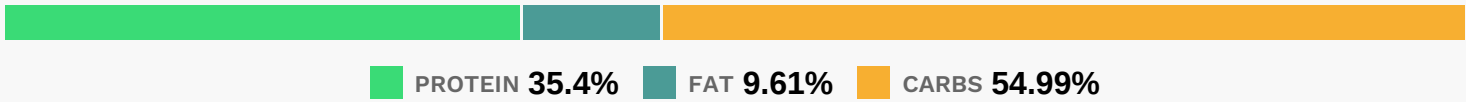
Equipment

- ☐ mixing bowl
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Put vegetables in bottom of crock pot.
- ☐ Sprinkle the quick cooking tapioca over the vegetables. 2
- ☐ Place chicken on top. 3
- ☐ Combine all other ingredients except cooked rice into a small mixing bowl; blend well.
- ☐ Pour over chicken.4 Cover and cook on Low for 8 to 10 hours.5 Before serving, make rice.
- ☐ Serve Sweet and Sour Chicken over cooked rice.6 Leftovers can be reheated in the microwave.

Nutrition Facts



Properties

Glycemic Index:51.97, Glycemic Load:58.47, Inflammation Score:-9, Nutrition Score:31.010869575583%

Flavonoids

Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.03mg, Quercetin:

5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 631.65kcal (31.58%), Fat: 6.56g (10.09%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 84.51g (28.17%), Net Carbohydrates: 81.87g (29.77%), Sugar: 23.1g (25.66%), Cholesterol: 144.64mg (48.21%), Sodium: 487.02mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.4g (108.8%), Vitamin B3: 24.92mg (124.61%), Selenium: 87.15µg (124.5%), Vitamin B6: 2.03mg (101.27%), Phosphorus: 584.26mg (58.43%), Manganese: 1.05mg (52.55%), Vitamin A: 2585.99IU (51.72%), Vitamin B5: 4.09mg (40.91%), Vitamin C: 28.82mg (34.93%), Potassium: 1127.37mg (32.21%), Magnesium: 99.48mg (24.87%), Vitamin B1: 0.27mg (17.75%), Vitamin B2: 0.29mg (16.95%), Zinc: 2.43mg (16.21%), Copper: 0.29mg (14.63%), Fiber: 2.64g (10.57%), Iron: 1.81mg (10.05%), Vitamin B12: 0.45µg (7.53%), Folate: 27.56µg (6.89%), Calcium: 64.32mg (6.43%), Vitamin E: 0.71mg (4.74%), Vitamin K: 4.59µg (4.37%), Vitamin D: 0.23µg (1.51%)