

Slow-Cooked Coconut Chicken

Ann Smart - North Logan, UT
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Servings: 6

1/2 cup light coconut milk
2 tablespoons brown sugar
2 tablespoons reduced-sodium soy sauce
2 cloves garlic, minced
1/8 teaspoon ground cloves
6 (about 1-1/2 pounds) boneless/skinless chicken thighs
6 tablespoons flaked coconut, toasted
fresh cilantro, minced

Preparation Time: 10 minutes

Slow Cooker: 4 hours

In a large bowl, combine the coconut milk, brown sugar, soy sauce, garlic and cloves.

Place the chicken in a three-quart slow cooker. Pour the coconut mixture over the top.

Cook, covered, on LOW for 4 to 5 hours or until the chicken is tender.

Serve the chicken with coconut and cilantro.

Per Serving (excluding unknown items): 27 Calories; 1g Fat (30.6% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 206mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	27	Vitamin B6 (mg):	trace
% Calories from Fat:	30.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	61.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	1mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0

Protein (g): 1g
Sodium (mg): 206mg
Potassium (mg): 26mg
Calcium (mg): 6mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 27 Calories from Fat: 8

% Daily Values*

Total Fat	1g		2%
	Saturated Fat 1g		3%
Cholesterol	0mg		0%
Sodium	206mg		9%
Total Carbohydrates	5g		2%
	Dietary Fiber trace		0%
Protein	1g		
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Vitamin A			0%
Vitamin C			1%
Calcium			1%
Iron			1%

* Percent Daily Values are based on a 2000 calorie diet.