

# Slow-Cooker Curry Chicken

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Taste of Home - Feb/Mar 2016

## Servings: 4

2 medium onions, cut into wedges  
2 medium sweet red peppers, cut into one-inch strips  
4 (six-ounce ea) boneless/ skinless chicken breasts  
2 tablespoons curry powder, divided  
1 teaspoon salt, divided  
1 cup light coconut milk  
1/2 cup chicken broth  
3 cloves garlic, minced  
1/2 teaspoon pepper  
1 cup (about six ounces) chopped dried apricots  
hot cooked rice  
lime wedges  
chopped cashews (optional)  
minced fresh cilantro (optional)

## Preparation Time: 15 minutes

## Cook Time: 3 hours

Place the onions and peppers in a four-quart slow cooker. Sprinkle the chicken with one tablespoon of the curry powder and 1/2 teaspoon of the salt. arrange over the vegetables.

In a small bowl, whisk the coconut milk, broth, garlic, pepper, the remaining curry powder and remaining salt. Pour into the slow cooker.

Cook, covered, on LOW for three to three and one-half hours or until the chicken is tender (a thermometer should read at least 165 degrees).

Add the apricots during the last 30 minutes of cooking.

Serve with rice and lime wedges. If desired, sprinkle with cashews and cilantro.

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Per Serving (excluding unknown items): 167 Calories; 4g Fat (19.0% calories from fat); 4g Protein; 34g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 652mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fruit; 1/2 Fat.

Chicken, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	167	Vitamin B6 (mg):	.3mg
% Calories from Fat:	19.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	71.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 4g  
**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 34g  
**Dietary Fiber (g):** 6g  
**Protein (g):** 4g  
**Sodium (mg):** 652mg  
**Potassium (mg):** 726mg  
**Calcium (mg):** 56mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 118mg  
**Vitamin A (i.u.):** 5776IU  
**Vitamin A (r.e.):** 577 1/2RE

**Folacin (mcg):** 32mcg  
**Niacin (mg):** 2mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 1 1/2  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 167 **Calories from Fat:** 32

### % Daily Values\*

<b>Total Fat</b>	4g	6%
	Saturated Fat 2g	10%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	652mg	27%
<b>Total Carbohydrates</b>	34g	11%
	Dietary Fiber 6g	25%
<b>Protein</b>	4g	
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<b>Vitamin A</b>		116%
<b>Vitamin C</b>		197%
<b>Calcium</b>		6%
<b>Iron</b>		17%

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