

Slow Cooker Thai Peanut Chicken

Prep Time: 10 Min Cook Time: 4 Hours Total Time: 4 Hours, 10 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 3/4 cup (218g)

Amount Per Serving

Calories 340

Calories from Fat 98

% Daily Value*

Total Fat 12g 16%

Saturated Fat 2g 12%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 74mg 24%

Sodium 554mg 24%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 10%

Sugars 7g

Protein 40g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

2 lbs boneless skinless chicken breast

2 red peppers, diced

2 garlic cloves, minced

1/2 cup reduced fat peanut butter

1/2 cup canned light coconut milk

1/2 cup low sodium chicken broth

1/4 cup reduced sodium soy sauce

2 tbsp rice wine vinegar

1 tbsp honey

1 lime (for serving)

1/4 cup cilantro (for serving)

Directions

- 1 In a small bowl, whisk together the peanut butter, coconut milk, chicken broth, soy sauce, rice vinegar, honey, and garlic. If the sauce is difficult to stir, pop it in the microwave to slightly melt the peanut butter.
- 2 Place the chicken in the slow cooker. Pour the sauce over the chicken.
- 3 Cook on low for about 4 hours. During the last thirty minutes of cooking, open up the slow cooker and add the red peppers. When finished, shred the chicken and add back to the slow cooker. Give it a good stir so it can soak up the sauce. Let it hang out in the sauce for 10-15 minutes. Serve with fresh lime juice and cilantro.

Notes

