



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Spicy Crock Pot Chili Pepper Chicken ♦

Spicy Crock Pot Chili Pepper Chicken is a delicious and flavorful dish that combines tender chicken with a spicy chili pepper sauce. It is perfect for those who enjoy spicy and bold flavors. The chicken is slow-cooked in a crock pot, allowing the flavors to meld together and the chicken to become tender and juicy. This dish is great for a weeknight dinner or for entertaining guests.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 240 mins

**Total Time:** 255 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 6

**Serving Size:** 166 g

### Ingredients

<b>1000 g</b>	Chicken Thighs
<b>200 g</b>	Chili Peppers
<b>4 cloves</b>	garlic

<b>1 medium</b>	onion
<b>2 tbsp</b>	tomato paste
<b>2 c</b>	chicken broth
<b>1 tsp</b>	cumin
<b>1 tsp</b>	paprika
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

## Directions

### Step 1

Blender

In a blender, combine chili peppers, garlic, onion, tomato paste, chicken broth, cumin, paprika, salt, and black pepper. Blend until smooth.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

Stove

Heat olive oil in a skillet over medium heat. Add chicken thighs and cook until browned on both sides, about 5 minutes per side.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 3

Crock pot

Transfer chicken thighs to a crock pot. Pour chili pepper sauce over the chicken.

**Prep Time:** 0 mins

**Cook Time:** 127 mins

---

### Step 4

Crock pot

Cover and cook on low heat for 4 hours or until the chicken is cooked through and tender.

**Prep Time:** 0 mins

**Cook Time:** 127 mins

---

### Step 5

Serve the Spicy Crock Pot Chili Pepper Chicken with rice or tortillas.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

Mexican

American

### Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

TLC Diet (Therapeutic Lifestyle Changes)

Nordic Diet

Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet  
16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet  
Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet  
Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet  
Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet  
Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet The Acid Reflux Diet  
Gluten-Free Diet Low Glycemic Index Diet Low Sodium Diet  
The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet  
The Gerson Therapy The Swiss Secret Diet The Scarsdale Diet  
The Cabbage Soup Diet The Hallelujah Diet The Mayo Clinic Diet  
The Beverly Hills Diet The Hollywood Diet The Lemonade Diet  
The Grapefruit Diet The Rice Diet The Sleeping Beauty Diet  
The Baby Food Diet The 3-Hour Diet The French Women Don't Get Fat Diet  
The Cookie Diet The F-Plan Diet The Israeli Army Diet The Air Diet  
The Breatharian Diet The Werewolf Diet The Five-Bite Diet  
The Negative Calorie Diet The Ice Cream Diet The Master Cleanse Diet  
The Subway Diet The SlimFast Diet The Cambridge Diet The Shangri-La Diet  
The Best Life Diet The 3-Day Diet The CICO (Calories In, Calories Out) Diet  
The Eat-Clean Diet The Peanut Butter Diet The Bulletproof Diet  
The Carnivore Diet The Dukan Diet The HCG Diet The Optavia Diet  
The Pritikin Diet The Starch Solution Diet The Vertical Diet The GOLO Diet  
The Gut and Psychology Syndrome (GAPS) Diet  
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet  
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet  
The BRAT Diet (Bananas, Rice, Applesauce, Toast)  
The GERD Diet (Gastroesophageal Reflux Disease)  
The PCOS (Polycystic Ovary Syndrome) Diet  
The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet  
The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet  
The Hypothyroidism Diet    The Hyperthyroidism Diet  
The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet  
The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet  
The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet  
The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet  
The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet  
The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet  
The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet  
The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet  
The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet  
The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet  
The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet  
The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet  
The Acne Diet    The Migraine Diet    The Celiac Disease Diet  
The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet  
The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet  
The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet  
The Restless Leg Syndrome Diet    The Tinnitus Diet    The Interstitial Cystitis Diet  
The Gastroparesis Diet    The Menopause Diet    The Post-Pregnancy Diet  
The Fertility Diet    The Breastfeeding Diet    The Low-Nickel Diet  
The Chronic Urticaria Diet    The Dysphagia Diet  
The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet  
The Sjögren's Syndrome Diet    The Low Tyramine Diet    The Lactose-Free Diet  
The Fructose Malabsorption Diet    The Low-Histamine Diet  
The Mast Cell Activation Syndrome (MCAS) Diet  
The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet



The Sarcoidosis Diet   The Leaky Gut Syndrome Diet   The Behçet's Disease Diet

The Graves' Disease Diet   The Addison's Disease Diet

The Cushing's Syndrome Diet   The Ankylosing Spondylitis Diet   The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet   The Asthma Diet

The Sinusitis Diet   The Bronchiectasis Diet   The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)   The Autism Diet

The Bipolar Disorder Diet   The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet   Blood Type O Diet

Blood Type A Diet   Blood Type B Diet   Blood Type AB Diet

## Events

Picnic

## Course

Appetizers   Main Dishes   Side Dishes   Drinks   Salads   Soups   Snacks

## Cultural

Chinese New Year   Cinco de Mayo   Ramadan

## Demographics

Diabetic Friendly   Heart Healthy

## Cooking Method

Grilling   Frying   Baking   Boiling   Steaming   Microwaving   Blanching

Sautéing   Roasting   Smoking   Curing   Blending   Grinding   Freezing

Canning   Drying   Pickling   Sous Vide   Pasteurizing   Fermenting   Infusing

Pressing   Jellying   Carbonating   Whipping   Stirring   Simmering   Cutting

Cut Mixing Resting Plating Serving Cooking None Stir-frying  
Mashing Preheating Sprinkling Heating Refrigerating Preparation  
Cooling Oven Stove

### Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease  
Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease  
Diverticulitis Hemorrhoids Appendicitis Gallstones Pancreatitis  
Liver disease Gastroparesis Gastroenteritis Hepatitis Colorectal cancer

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

Visit our website: [healthdor.com](https://www.healthdor.com)