



A Nutrition Resource

SLOW COOKER PINEAPPLE CHICKEN

Yield: 6 Servings | **Serving Size:** 1/2 chicken breast and 2/3 cup sauce

Cost/Serving: \$0.91

Ingredients:

- 3-4 skinless chicken breasts (about 2 pounds)
- 1 (20-ounce) can of pineapple in juice (tidbits, chunks, or rings)
- 1 medium onion
- 2 Tablespoons low-sodium soy sauce
- 1/2 cup low-sodium chicken broth
- 2 Tablespoons cornstarch

Directions:

- 1) Chop onion and place in slow cooker.
- 2) Place chicken breasts on top of onion.
- 3) Pour the can of pineapple (juice and all) over the chicken.
- 4) Add the soy sauce, chicken broth, and cornstarch.
- 5) Cover and cook on high in the slow cooker for 4-5 hours or on low for 6-8 hours.

Note: Serve over brown rice and with steamed vegetables.

Nutrition Facts

6 servings per container
Serving size 1/2 chicken breast and 2/3 cup sauce (287g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 200mg	9%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 3mg	15%
Potassium 147mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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