



Slow-Cooker Sesame-Garlic Chicken



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup onion diced
- ☐ 0.8 cup honey
- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup catsup
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon sesame oil
- ☐ 3 cloves garlic minced
- ☐ 4 chicken breast boneless skinless

- ☐ 2 teaspoons cornstarch
- ☐ 3 tablespoons water
- ☐ 1 tablespoon sesame seed

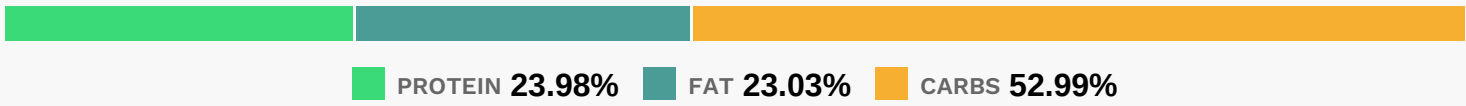
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ In small bowl, mix onion, honey, soy sauce, ketchup, oil, sesame oil and garlic. Set aside.
- ☐ Place chicken in 4- to 5-quart slow cooker.
- ☐ Pour honey mixture evenly over chicken.
- ☐ Cover; cook on Low heat setting 4 hours.
- ☐ With slotted spoon, remove chicken from slow cooker, leaving sauce in cooker. In small bowl, stir cornstarch into water until dissolved.
- ☐ Pour into slow cooker; stir to combine with sauce. Cover; cook sauce on High heat setting 10 minutes longer or until sauce has thickened.
- ☐ While sauce is cooking, shred chicken with 2 forks.
- ☐ Return shredded chicken to slow cooker; toss with sauce.
- ☐ Sprinkle with sesame seed before serving.

Nutrition Facts



Properties

Glycemic Index:39.82, Glycemic Load:28.22, Inflammation Score:-4, Nutrition Score:15.530434877976%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 451.94kcal (22.6%), Fat: 12g (18.46%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 62.1g (20.7%), Net Carbohydrates: 61.06g (22.2%), Sugar: 56.75g (63.05%), Cholesterol: 72.32mg (24.11%), Sodium: 1891.81mg (82.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.21%), Vitamin B3: 13.35mg (66.76%), Selenium: 38.14µg (54.49%), Vitamin B6: 1.01mg (50.55%), Phosphorus: 303.39mg (30.34%), Vitamin B5: 1.81mg (18.09%), Potassium: 602.47mg (17.21%), Manganese: 0.34mg (17.03%), Magnesium: 53.93mg (13.48%), Vitamin B2: 0.22mg (12.88%), Iron: 1.84mg (10.24%), Copper: 0.2mg (10.19%), Vitamin E: 1.47mg (9.78%), Vitamin B1: 0.12mg (8.04%), Zinc: 1.16mg (7.75%), Vitamin C: 4.47mg (5.42%), Vitamin K: 5.14µg (4.9%), Calcium: 46.11mg (4.61%), Folate: 18.17µg (4.54%), Fiber: 1.04g (4.15%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 111.63IU (2.23%)