

DINNER

Slow Cooker Sweet and Sour Chicken

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
250 min	10 min	240 min	4	\$3.05	476 kcal



The recipe Slow Cooker Sweet and Sour Chicken is ready in about 4 hours and 10 minutes and is definitely a spectacular gluten free and dairy free option for lovers of Chinese food. For \$3.05 per serving, this recipe covers 26% of your daily requirements of vitamins and minerals.

Ingredients

☐ 18 ounce barbeque sauce	☐ 1 pound skinless, boneless chicken tenders
☐ 1 cup chili sauce	☐ 2 tablespoons minced garlic
☐ 1 green bell pepper, chopped	☐ 1 onion, chopped
☐ 8 ounce pineapple chunks, drained canned	☐ 1 red bell pepper, chopped

EQUIPMENT Slow cooker

Method

- 1 Place onion, red bell pepper, green bell pepper, and chicken tenders in the bottom of the crock pot.
- 2 Pour barbeque sauce and chili sauce over the vegetables and chicken.
- 3 Stir garlic and pineapple chunks through the barbeque sauce.
- 4 Cook on High 4 to 5 hours.

Nutrition per serving

476

KCAL

28 g

PROTEIN

4 g

FAT

81 g

CARBS

Saturated Fat	0.8 g · 5% of daily needs
Fibre	5.2 g · 21% of daily needs
Sugar	62.7 g · 70% of daily needs
Sodium	2,365 mg · 103% of daily needs
Cholesterol	72.6 mg · 24% of daily needs
Vitamin C	83.7 mg · 101% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/slow-cooker-sweet-and-sour-chicken-148498