



## Slow Cooker Sweet and Sour Chicken

 **Gluten Free**  **Dairy Free**

READY IN



250 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 ounce barbecue sauce
- 1 pound chicken tenderloins boneless skinless
- 1 cup chili sauce
- 2 tablespoons garlic minced
- 1 bell pepper green chopped
- 1 onion chopped
- 8 ounce pineapple chunks drained canned
- 1 bell pepper red chopped

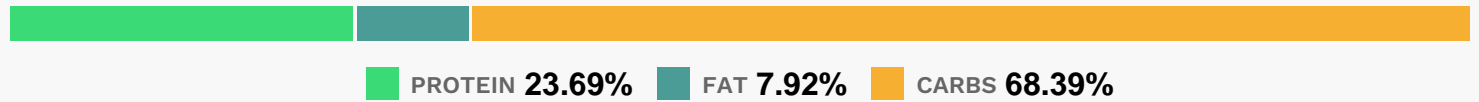
# Equipment

slow cooker

# Directions

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

# Nutrition Facts



# Properties

Glycemic Index:24.75, Glycemic Load:1.4, Inflammation Score:-9, Nutrition Score:26.196086759153%

# Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

# Nutrients (% of daily need)

Calories: 476.15kcal (23.81%), Fat: 4.2g (6.45%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 81.45g (27.15%), Net Carbohydrates: 76.25g (27.73%), Sugar: 62.69g (69.65%), Cholesterol: 72.57mg (24.19%), Sodium: 2364.52mg (102.81%), Alcohol: 0g (100%), Protein: 28.22g (56.45%), Vitamin C: 83.66mg (101.4%), Vitamin B3: 14.34mg (71.68%), Vitamin B6: 1.33mg (66.63%), Selenium: 39.66µg (56.66%), Vitamin A: 1854.69IU (37.09%), Potassium: 1209.4mg (34.55%), Phosphorus: 330.89mg (33.09%), Vitamin E: 3.15mg (20.98%), Fiber: 5.21g (20.82%), Vitamin B5: 2.01mg (20.07%), Vitamin B1: 0.27mg (18.32%), Magnesium: 73.06mg (18.26%), Manganese: 0.35mg (17.49%), Vitamin B2: 0.29mg (17.06%), Copper: 0.32mg (15.96%), Iron: 2.3mg (12.75%), Vitamin K: 10.31µg (9.82%), Folate: 38.07µg (9.52%), Calcium: 89.11mg (8.91%), Zinc: 1.25mg (8.31%), Vitamin B12: 0.23µg (3.78%)