

DINNER

Take The Night Off Slow Cooker Pineapple Chicken

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
430 min	10 min	420 min	8	\$2.31	355 kcal



Take The Night Off Slow Cooker Pineapple Chicken is a gluten free and dairy free recipe with 8 servings. For \$2.31 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals. One serving contains 355 calories, 49g of protein, and 6g of fat.

Ingredients

- ☐ 4 pounds bone-in chicken breast halves with skin
- ☐ 2 teaspoons ground ginger
- ☐ 8 ounce pineapple chunks with juice
canned
- ☐ ½ cup dark brown sugar
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon soy sauce

EQUIPMENT Slow cooker

Method

- 1

Place chicken breasts into the bottom of a slow cooker.
- 2

Pour pineapple chunks with juice over chicken.
- 3

Drizzle with honey and soy sauce and sprinkle with brown sugar and ginger. Set cooker on High and cook for 1 hour. Reduce setting to Low and cook until chicken is cooked through, moist, and tender, about 6 more hours.

Nutrition per serving			
	355	49 g	6 g
	KCAL	PROTEIN	FAT
			25 g
			CARBS
Saturated Fat			1.3 g · 8% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			23.9 g · 27% of daily needs
Sodium			393 mg · 17% of daily needs
Cholesterol			145 mg · 48% of daily needs
Vitamin C			5.4 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/take-the-night-off-slow-cooker-pineapple-chicken-148507