

# Slow Cooker Korean Chicken

Prep Time: 10 Min Cook Time: 6 Hours Total Time: 6 Hours, 10 Min



SERVINGS: 8

## Nutritional Facts

Serving Size: 6 oz.

### Amount Per Serving

Calories 264	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 5g	3%
Saturated Fat 1g	1%
<b>Monounsaturated Fat</b> 1g	0%
<b>Polyunsaturated Fat</b> 1g	0%
<b>Cholesterol</b> 103mg	12%
<b>Sodium</b> 639mg	28%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	4%
Sugars 14g	

### Protein 32g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

**4** WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

## Ingredients

- 1 1/3 lbs boneless skinless chicken thighs, chopped
- 1 1/3 lbs boneless skinless chicken breast, chopped
- 1/3 cup + 1 tbsp + 2 3/4 tsp brown sugar (or Stevia, maple syrup, honey)
- 1/3 cup + 1 tbsp + 2 3/4 tsp low sodium soy sauce (GF if needed)
- 13 1/3 cloves garlic, whole
- 2/3 red onion, diced
- 2 2/3 jalapenos, diced
- 1 tbsp + 1 tsp gochujang (sambal olek or Sriracha, to taste)
- 1 tbsp + 1 tsp fresh ginger root, peeled and grated
- 2 tbsp + 2 tsp rice vinegar
- 2 tbsp + 2 tsp sesame seeds

## Directions

- 1 Combine the sugar, soy sauce, red onion, jalapenos, gochujang, garlic cloves, ginger, rice vinegar, sesame seeds in a small bowl.
- 2 Add the chicken to the crock pot and cover with the sauce.
- 3 Cook for 6-8 hours on low. When it has 30 minutes left to cook, open the lid on so the sauce thickens up. For a thicker sauce, add a cornstarch slurry (1 tbsp cornstarch with 1 tbsp cold water) to the slow cooker during this time.

## Notes

