



A Nutrition Resource

SLOW COOKER PINEAPPLE CHICKEN

Yield: 6 Servings | Serving Size: 1/2 chicken breast and 2/3 cup sauce

Cost/Serving: \$0.91

Ingredients:

- 3-4 skinless chicken breasts (about 2 pounds)
- 1 (20-ounce) can of pineapple in juice (tidbits, chunks, or rings)
- 1 medium onion
- 2 Tablespoons low-sodium soy sauce
- 1/2 cup low-sodium chicken broth
- 2 Tablespoons cornstarch

Directions:

- 1) Chop onion and place in slow cooker.
- 2) Place chicken breasts on top of onion.
- 3) Pour the can of pineapple (juice and all) over the chicken.
- 4) Add the soy sauce, chicken broth, and cornstarch.
- 5) Cover and cook on high in the slow cooker for 4-5 hours or on low for 6-8 hours.

Note: Serve over brown rice and with steamed vegetables.

Nutrition Facts

6 servings per container
Serving size 1/2 chicken breast and 2/3 cup sauce (287g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 200mg	9%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 3mg	15%
Potassium 147mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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