

Slow Cooker Chinese Three Cup Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-ginger-and-scallion-chicken-recipe>

Ingredients:

- 3 pounds chicken I used dark meat; remove skin for less fat
- 1/4 cup sesame oil
- 5 cloves garlic left whole
- 5 slices ginger each the size of a quarter
- 1 scallion cut into 2" pieces
- 1 cup rice wine or sherry
- 2 tablespoons dark soy sauce see notes for gluten-free version
- 2 tablespoons soy sauce

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 220 milligrams
4. Fat: 24 grams
5. Protein: 70 grams
6. SaturatedFat: 5 grams
7. Sodium: 1160 milligrams

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