

Sweet and Spicy Crockpot Chicken

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/crockpot-recipes>

Ingredients:

- 6 chicken breasts small organic boneless, skinless frozen
- 16 ounces salsa medium, or hot
- 1/2 cup tomato sauce
- 3 garlic cloves minced
- 1 Vidalia onion small, chopped fine
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1/4 cup apricot or peach All fruit preserves
- 1 green pepper chopped
- fresh ground pepper and sea salt, to taste
- sea salt

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 175 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 61 grams
7. SaturatedFat: 3 grams
8. Sodium: 1140 milligrams
9. Sugar: 7 grams

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