

# Slow Cooker Vietnamese Chicken

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 4 chicken thighs frozen, or breasts
- 2 tablespoons soy sauce
- 2 tablespoons fish sauce {available in the ethnic foods isles at most grocery stores}
- 2 teaspoons granulated sugar
- 1 teaspoon black pepper
- 5 cloves minced garlic
- 2 tablespoons canola oil
- 4 cups carrots optional
- cabbage optional
- peppers optional
- onions optional
- veggies optional

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 195 milligrams
4. Fat: 42 grams
5. Fiber: 5 grams
6. Protein: 43 grams
7. SaturatedFat: 10 grams
8. Sodium: 1400 milligrams
9. Sugar: 9 grams

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