

Crock Pot Honey Sesame Chicken

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-sesame-chicken-recipe>

Ingredients:

- 8 boneless, skinless chicken thighs or 4 chicken breasts
- salt and pepper
- 1/2 cup diced onion
- 2 cloves garlic minced
- 1/2 cup honey
- 1/4 cup ketchup
- 1/2 cup low sodium soy sauce
- 2 tablespoons olive oil or vegetable oil
- 1/4 teaspoon red pepper flakes
- 4 teaspoons cornstarch
- 1/3 cup water
- 2 packets minute rice optional
- 1/2 tablespoon sesame seeds or more
- 3 scallions chopped

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 125 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 43 grams
7. SaturatedFat: 3 grams
8. Sodium: 1500 milligrams
9. Sugar: 35 grams

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