

# Chicken and Broccoli “Stir Fry” in the Slow Cooker

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/panda-express-chinese-mushroom-chicken-recipe>

## Ingredients:

- 3 pounds chicken tenders
- 1/2 bottle stir fry sauce about 1 cup or more, if you like, I used Mandarin Sauce from Panda Express
- 1 bunch broccoli chopped
- 1 red bell pepper sliced

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 220 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 76 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 450 milligrams
9. Sugar: 4 grams

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