

# Crock Pot General Tso's Chicken

Yield: 6 min  
Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-crock-pot-chinese-chicken-broccoli>

## Ingredients:

- 2 pounds boneless skinless chicken breasts cut into 1" pieces
- 1 cup cornstarch divided
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons vegetable oil
- 1/2 cup sugar
- 1/2 cup low sodium soy sauce
- 1/2 cup unsweetened pineapple juice
- 1/3 cup vinegar white distilled or apple cider
- 4 cloves garlic minced
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ginger dried
- green onions chopped, to top
- rice
- broccoli

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 95 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 34 grams
7. SaturatedFat: 2 grams
8. Sodium: 1290 milligrams
9. Sugar: 20 grams

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