

Slow Cooker Teriyaki Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/teriyaki-chicken-recipe-japanese-cooking-101>

Ingredients:

- 1 1/2 pounds boneless skinless chicken breasts
- 1/2 cup granulated sugar
- 1/2 cup low sodium soy sauce
- 3 tablespoons apple cider vinegar
- 1/2 teaspoon ground ginger
- 1 clove minced garlic
- 1/8 teaspoon cracked black pepper freshly
- 2 teaspoons cornstarch
- 2 teaspoons water
- 4 cups brown rice or hot cooked white
- scallions optional
- sesame seeds optional

Nutrition:

1. Calories: 1020 calories
2. Carbohydrate: 175 grams
3. Cholesterol: 110 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 53 grams
7. SaturatedFat: 4 grams
8. Sodium: 1270 milligrams
9. Sugar: 26 grams

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