

Teriyaki Chicken Thighs

Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370

Servings: 4

1 medium onion, cut into thin wedges
2 cups fresh pineapple chunks
8 (2-1/2 pounds) chicken thighs, skinned
1/2 teaspoon salt
1/2 cup sesame-garlic sauce and glaze
4 medium (1/2 cup) green onions, sliced
1 tablespoon sesame seed salad dressing, toasted

Preparation Time: 10 minutes

Spray a 3-1/2-quart slow cooker with cooking spray. Place the onion and pineapple in the slow cooker.

Spray a twelve-inch skillet with cooking spray. Heat over medium-high heat. Cook the chicken for 4 minutes, turning once, until browned. Place the chicken over the onion and pineapple in the slow cooker. Sprinkle with salt. Pour the sauce over the chicken.

Cover and cook on LOW heat setting for five hours or until the chicken is tender.

Sprinkle with the green onions and sesame seed.

Start to Finish Time: 5 hours 10 minutes

Per Serving (excluding unknown items): 3854 Calories; 276g Fat (65.7% calories from fat); 311g Protein; 13g Carbohydrate; 2g Dietary Fiber; 1506mg Cholesterol; 1672mg Sodium. Exchanges: 43 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 29 Fat; 0 Other Carbohydrates.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	3854	Vitamin B6 (mg):	4.7mg
% Calories from Fat:	65.7%	Vitamin B12 (mcg):	5.3mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	32.9%	Riboflavin B2 (mg):	2.7mg
Total Fat (g):	276g	Folacin (mcg):	149mcg
Saturated Fat (g):	78g	Niacin (mg):	95mg

Monounsaturated Fat (g): 113g
Polyunsaturated Fat (g): 60g
Cholesterol (mg): 1506mg
Carbohydrate (g): 13g
Dietary Fiber (g): 2g
Protein (g): 311g
Sodium (mg): 1672mg
Potassium (mg): 3621mg
Calcium (mg): 204mg
Iron (mg): 18mg
Zinc (mg): 29mg
Vitamin C (mg): 58mg
Vitamin A (i.u.): 2702IU
Vitamin A (r.e.): 804 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 43
Vegetable: 1/2
Fruit: 1/2
Non-Fat Milk: 0
Fat: 29
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 3854 **Calories from Fat:** 2531

% Daily Values*

Total Fat	276g	424%
	Saturated Fat 78g	390%
Cholesterol	1506mg	502%
Sodium	1672mg	70%
Total Carbohydrates	13g	4%
	Dietary Fiber 2g	7%
Protein	311g	
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Vitamin A		54%
Vitamin C		96%
Calcium		20%
Iron		102%

** Percent Daily Values are based on a 2000 calorie diet.*