



## Slow-Cooker Honey Sriracha Chicken



1/5th of recipe (about 3/4 cup): 237 calories, 3g total fat (0.5g sat. fat), 650mg sodium, 25g carbs, 0.5g fiber, 21.5g sugars, 26g protein

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**Prep:** 5 minutes    **Cook:** 3 - 4 hours on high or 7 - 8 hours on low



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### Ingredients

1/3 cup honey  
1/3 cup sriracha hot chili sauce  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1 1/4 lbs. raw boneless skinless chicken breast  
1/4 tsp. each salt and black pepper  
1 cup chopped onion

### Directions

Add honey, sriracha, garlic powder, and onion powder to a slow cooker. Stir until uniform.

Season chicken with salt and pepper, and add to the slow cooker.

Top with onion. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks.

Return shredded chicken to the slow cooker, and mix well.

#### MAKES 5 SERVINGS

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