



## 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

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

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



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

### 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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.