

# Apricot Chicken (Slow Cooker)

Barbara Jones  
*Easy Slow Cooker Cookbook*

## Servings: 6

6 boneless/ skinless chicken breasts  
1 jar (12 ounce) apricot preserves  
1 bottle (8 ounce) Catalina dressing  
1 packet (1 ounce) dry onion soup mix

## Slow Cooker: 6 hours

Spray a six quart slow cooker with cooking spray.

Place the chicken in the bottom of the slow cooker.

In a bowl, combine the apricot preserves, Catalina dressing, onion soup mix and one-quarter cup water. Stir well. Cover the chicken breasts with the sauce mixture.

Cover and cook on LOW for five to six hours.

---

Per Serving (excluding unknown items): 30 Calories; 2g Fat (54.2% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 70mg Sodium. Exchanges: 1/2 Fat; 0 Other Carbohydrates.

Chicken, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	54.2%
% Calories from Carbohydrates:	45.5%
% Calories from Protein:	0.3%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
	trace

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	1mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

## Food Exchanges

0  
1

**Dietary Fiber (g):**  
**Protein (g):** trace  
**Sodium (mg):** 70mg  
**Potassium (mg):** 3mg  
**Calcium (mg):** 1mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 7IU  
**Vitamin A (r.e.):** 1/2RE

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

---

## Nutrition Facts

Servings per Recipe: 6

---

### Amount Per Serving

**Calories** 30                      **Calories from Fat:** 16

---

#### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	70mg	3%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

---

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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