

Broccoli-Cheese Chicken (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 4

4 boneless/ skinless chicken breast halves
2 tablespoons butter, melted
1 can (10 ounce) broccoli-cheese soup
1/4 cup milk
1 package (10 ounce) frozen broccoli spears

Slow Cooker:

Spray a slow cooker with nonstick cooking spray.

Dry the chicken breasts with paper towels.
Place the breasts in the slow cooker.

In a bowl, combine the melted butter, soup and milk. Spoon over the chicken.

Cover and cook on LOW for four to six hours.

Remove the cooker lid. Place the broccoli over the chicken.

Cover and cook for one additional hour.

Serve over hot, buttered rice.

Per Serving (excluding unknown items): 60 Calories; 6g Fat (91.6% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 66mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	60	Vitamin B6 (mg):	trace
% Calories from Fat:	91.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	1mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

