

Chicken Breast Deluxe (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 6

4 slices bacon
5 to 6 boneless/ skinless chicken breast halves
1 cup celery, sliced
1 cup red bell pepper, sliced
1 can (10 ounce) cream of chicken soup
2 tablespoons white wine or cooking wine
6 slices Swiss cheese
2 tablespoons dried parsley

Slow Cooker: 4 hours

Spray a slow cooker with nonstick cooking spray.

In a large skillet, cook the bacon. Drain and crumble. Reserve the drippings.

Place the chicken in the skillet with the bacon drippings. Lightly brown on both sides. Transfer the chicken to the slow cooker. Place the celery and bell pepper over the chicken.

In the same skillet, combine the soup and wine. Stir and spoon over the vegetables and chicken.

Cover and cook on LOW for three to four hours.

Top with slices of cheese over each chicken breast. Cook for an additional 10 minutes.

Serve with the creamy sauce and sprinkle with the crumbled bacon.

Per Serving (excluding unknown items): 481 Calories; 35g Fat (64.6% calories from fat); 35g Protein; 8g Carbohydrate; 1g Dietary Fiber; 109mg Cholesterol; 546mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 4 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	481	Vitamin B6 (mg):	.2mg
% Calories from Fat:	64.6%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	6.6%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	28.8%
Total Fat (g):	35g
Saturated Fat (g):	21g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	109mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	35g
Sodium (mg):	546mg
Potassium (mg):	279mg
Calcium (mg):	1112mg
Iron (mg):	1mg
Zinc (mg):	5mg
Vitamin C (mg):	50mg
Vitamin A (i.u.):	2593IU
Vitamin A (r.e.):	450RE

Riboflavin B2 (mg):	.4mg
Folacin (mcg):	19mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 481	Calories from Fat: 311
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% Daily Values*

Total Fat 35g	53%
Saturated Fat 21g	106%
Cholesterol 109mg	36%
Sodium 546mg	23%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	4%
Protein 35g	
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Vitamin A	52%
Vitamin C	84%
Calcium	111%
Iron	5%

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