

Chicken Delight (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 6

3/4 cup white rice
1 can (14 ounce) chicken broth
1 package (1 ounce) dry onion soup mix
1 sweet red bell pepper, seeded and chopped
2 cans (10 ounce ea) cream of celery soup
3/4 cup white cooking wine
black pepper
4 to 6 boneless/ skinless chicken breast halves
1 package (3 ounce) fresh Parmesan cheese, grated

Slow Cooker: 6 hours

In a bowl, combine the rice, broth, soup mix, bell pepper, celery soup, 3/4 cup of water, wine and several sprinkles of black pepper. Mix well. (Make sure to mix the soup well with the liquids.)

Spray a six quart slow cooker with nonstick cooking spray. Place the chicken breasts in the bottom of the slow cooker.

Pour the rice-soup mixture over the chicken breasts.

Cover and cook on LOW for four to six hours.

One hour before serving, sprinkle the Parmesan cheese over the chicken.

Per Serving (excluding unknown items): 121 Calories; 2g Fat (17.0% calories from fat); 3g Protein; 22g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 445mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	121	Vitamin B6 (mg):	trace
% Calories from Fat:	17.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	72.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	3mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	5mg
Carbohydrate (g):	22g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	445mg
Potassium (mg):	102mg
Calcium (mg):	21mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	102IU
Vitamin A (r.e.):	10 1/2RE

Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 121 **Calories from Fat:** 21

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	3%
Cholesterol 5mg	2%
Sodium 445mg	19%
Total Carbohydrates 22g	7%
Dietary Fiber 1g	2%
Protein 3g	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	7%

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