

# Chicken Marsala III

*Best Slow Cooker Recipes  
Pillsbury Classic Cookbook #370*

## **Servings: 8**

*2 cloves garlic, finely chopped  
1 tablespoon vegetable oil  
8 boneless/ skinless chicken breasts  
1/2 teaspoon salt  
1/2 teaspoon pepper  
2 jars (6 ounce ea) sliced mushrooms,  
drained  
1 cup sweet Marsala wine OR  
chicken broth  
1/2 cup water  
1/4 cup cornstarch  
3 tablespoons fresh parsley, chopped  
hot cooked rice (if desired)*

## **Preparation Time: 10 minutes**

Spray a four- to five-quart slow cooker with cooking spray.

In the slow cooker, mix the garlic and oil; Sprinkle the chicken with salt and pepper; place over the garlic. Place the mushrooms over the chicken. Pour the wine over all.

Cover and cook on LOW heat setting for five to six hours.

Remove the chicken from the slow cooker to a plate. Cover to keep warm.

In a small bowl, mix the water and cornstarch until smooth. Stir into the liquid in the slow cooker. Increase the heat setting to HIGH.

Cover and cook about 10 minutes or until the sauce is slightly thickened.

Return the chicken to the slow cooker. Cover and cook for 5 minutes longer or until hot.

To serve, spoon the mushroom mixture over the chicken and sprinkle with parsley. Serve with rice.

Start to Finish Time: 5 hours 25 minutes

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Per Serving (excluding unknown items): 37 Calories; 2g Fat (43.0% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.

Chicken, Slow Cooker

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	37	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	43.0%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	52.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	5.1%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	2g	<b>Folacin (mcg):</b>	6mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	5g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	136mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	77mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	6mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	3mg		
<b>Vitamin A (i.u.):</b>	73IU		
<b>Vitamin A (r.e.):</b>	7 1/2RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 37 **Calories from Fat:** 16

**% Daily Values\***

<b>Total Fat</b> 2g	3%
Saturated Fat trace	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 136mg	6%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber trace	1%
<b>Protein</b> trace	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	5%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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