

Chicken Marseilles (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 5

4 to 5 skinless/ boneless chicken breast halves
2 tablespoons butter
1 packet (1.8 ounce) leek soup and dip mix
1/2 teaspoon dill weed
1 cup milk
3/4 cup sour cream
cooked brown rice

Slow Cooker: 5 hours

Spray a slow cooker with nonstick cooking spray.

Place the chicken breasts in the slow cooker.

In a saucepan, combine the butter, leek soup mix, dill weed, milk and one-half cup of water. Heat just enough for the butter to melt and the ingredients to mix well. Pour over the chicken.

Cover and cook on LOW for three to five hours.

When ready to serve, remove the chicken breasts to a platter with the hot, cooked brown rice. Cover to keep warm.

Add the sour cream to the cooker liquid. Stir well. Pour the sauce over the chicken and rice.

Per Serving (excluding unknown items): 145 Calories; 13g Fat (82.2% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 34mg Cholesterol; 89mg Sodium. Exchanges: 0 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	145	Vitamin B6 (mg):	trace
% Calories from Fat:	82.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	10.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	6mcg
Saturated Fat (g):	8g	Niacin (mg):	trace

Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 34mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 89mg
Potassium (mg): 129mg
Calcium (mg): 102mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 513IU
Vitamin A (r.e.): 144RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 145 **Calories from Fat:** 119

% Daily Values*

Total Fat	13g	21%
	Saturated Fat 8g	42%
Cholesterol	34mg	11%
Sodium	89mg	4%
Total Carbohydrates	4g	1%
	Dietary Fiber trace	0%
Protein	3g	
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Vitamin A		10%
Vitamin C		1%
Calcium		10%
Iron		1%

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