

Chicken Ole' (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 6

6 boneless/ skinless chicken breast halves

1 package (8 ounce) cream cheese, softened

1 jar (16 ounce) salsa

2 teaspoons cumin

1 bunch fresh green onions with tops, chopped

Slow Cooker: 6 hours

Pound the chicken breasts to flatten.

Spray a slow cooker with nonstick cooking spray.

In a mixing bowl, beat the cream cheese until smooth. Add the salsa, cumin and onions. Mix gently.

Place heaping spoonfuls of the cream cheese mixture on each chicken breast and roll. (There will be leftover cream cheese mixture.)

Place the chicken breast, seam side down, in the slow cooker. Spoon the remaining cream cheese mixture over each chicken roll.

Cover and cook on LOW for five to eight hours.

Per Serving (excluding unknown items): 150 Calories; 14g Fat (80.3% calories from fat); 4g Protein; 4g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 303mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	150	Vitamin B6 (mg):	.1mg
% Calories from Fat:	80.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	10.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	12mcg
Saturated Fat (g):	9g	Niacin (mg):	trace

Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 42mg
Carbohydrate (g): 4g
Dietary Fiber (g): 1g
Protein (g): 4g
Sodium (mg): 303mg
Potassium (mg): 150mg
Calcium (mg): 50mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 820IU
Vitamin A (r.e.): 193RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 150 **Calories from Fat:** 120

% Daily Values*

Total Fat	14g	21%
Saturated Fat	9g	43%
Cholesterol	42mg	14%
Sodium	303mg	13%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	4g	
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Vitamin A		16%
Vitamin C		10%
Calcium		5%
Iron		7%

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