

Chicken and Potatoes

Lorrie Coop - County Extension Agent, Knox County TX
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1/4 cup extra-virgin olive oil
3 tablespoons Dijon mustard
1 tablespoon fresh rosemary, chopped
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 small russet potatoes, peeled and cubed
4 boneless/skinless chicken breasts

In a large bowl, whisk together the olive oil, mustard, rosemary, salt and pepper to combine.

Add the potatoes and chicken. Toss until evenly coated.

Pour the chicken mixture into a one-gallon Ziploc freezer bag and seal, pressing out the air. Store in the freezer.

To cook, thaw and place the contents of the bag into a slow cooker. Cook on HIGH for four hours or LOW for eight hours.

This is an easily prepared freezer meal.

Per Serving (excluding unknown items): 692 Calories; 56g Fat (71.3% calories from fat); 7g Protein; 44g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1643mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 11 Fat; 0 Other Carbohydrates.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	692	Vitamin B6 (mg):	.6mg
% Calories from Fat:	71.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	24.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	56g	Folacin (mcg):	34mcg
Saturated Fat (g):	7g	Niacin (mg):	4mg
Monounsaturated Fat (g):	41g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	44g		
Dietary Fiber (g):	5g		

Food Exchanges

Grain (Starch): 2 1/2

Protein (g): 7g
Sodium (mg): 1643mg
Potassium (mg): 1298mg
Calcium (mg): 68mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 45mg
Vitamin A (i.u.): 51IU
Vitamin A (r.e.): 5RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 692 **Calories from Fat:** 494

% Daily Values*

Total Fat 56g	87%
Saturated Fat 7g	37%
Cholesterol 0mg	0%
Sodium 1643mg	68%
Total Carbohydrates 44g	15%
Dietary Fiber 5g	21%
Protein 7g	
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Vitamin A	1%
Vitamin C	75%
Calcium	7%
Iron	17%

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