

Chicken for the Gods (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 6

- 1 3/4 cups flour*
- 2 scant tablespoons dry mustard*
- 6 boneless/ skinless chicken breast halves*
- 2 tablespoons oil*
- 1 can (10 ounce) chicken-rice soup*

Slow Cooker: 7 hours

In a shallow bowl, place the flour and mustard. Dredge the chicken to coat all sides.

In a skillet, brown the chicken breasts in oil. Place all of the breasts in a six-quart slow cooker.

Pour the chicken and rice soup over the chicken. Add about one-quarter cup of water.

Cover and cook on LOW for six to seven hours.

Per Serving (excluding unknown items): 175 Calories; 5g Fat (26.3% calories from fat); 4g Protein; 28g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	175	Vitamin B6 (mg):	trace
% Calories from Fat:	26.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	64.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	9mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	28g		
Dietary Fiber (g):	1g		
		Food Exchanges	
		Grain (Starch):	2

Protein (g): 4g
Sodium (mg): 1mg
Potassium (mg): 44mg
Calcium (mg): 7mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 2IU
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 175 **Calories from Fat:** 46

% Daily Values*

Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 28g	9%
Dietary Fiber 1g	4%
Protein 4g	
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Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	10%

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