

Cream Cheese Chicken (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 4

4 boneless/ skinless chicken breast halves
2 tablespoons butter, melted
1 can (10 ounce) cream of mushroom soup
2 tablespoons dried Italian salad dressing
1/2 cup sherry
1 package (8 ounce) cream cheese, cubed

Slow Cooker: 7 hours

Spray a slow cooker with nonstick cooking spray.

Wash the chicken breasts. Dry with paper towels. Brush melted butter over the chicken.

Place the chicken in the oval cooker.

Add the soup, salad dressing, sherry and cream cheese.

Cover and cook on LOW for six to seven hours.

Serve over hot, buttered noodles.

Per Serving (excluding unknown items): 327 Calories; 28g Fat (84.9% calories from fat); 5g Protein; 6g Carbohydrate; trace Dietary Fiber; 80mg Cholesterol; 490mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 5 1/2 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	327	Vitamin B6 (mg):	trace
% Calories from Fat:	84.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	8.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	28g	Folacin (mcg):	9mcg
Saturated Fat (g):	17g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	41
Cholesterol (mg):	80mg	% Daily Value:	n n%

Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	5g
Sodium (mg):	490mg
Potassium (mg):	122mg
Calcium (mg):	62mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	1044IU
Vitamin A (r.e.):	303RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 327 Calories from Fat: 277

% Daily Values*

Total Fat 28g	43%
Saturated Fat 17g	85%
Cholesterol 80mg	27%
Sodium 490mg	20%
Total Carbohydrates 6g	2%
Dietary Fiber trace	0%
Protein 5g	

Vitamin A	21%
Vitamin C	0%
Calcium	6%
Iron	5%

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