

# Creamy Salsa Chicken (Slow Cooker)

Barbara Jones  
*Easy Slow Cooker Cookbook*

## Servings: 5

4 to 5 boneless/ skinless chicken  
breast halves  
1 packet (1 ounce) dry taco seasoning  
mix  
1 cup salsa  
1/2 cup sour cream

## Slow Cooker: 6 hours

Spray a five to six quart slow cooker with nonstick cooking spray.

Place the chicken breasts in the slow cooker. Add 1/4 cup of water.

Sprinkle the taco seasoning mix over the chicken. Top with the salsa.

Cook on LOW for five to six hours.

When ready to serve, remove the chicken breasts and place on a platter. Stir the sour cream into the salsa sauce. Spoon over the chicken breasts.

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Per Serving (excluding unknown items): 64 Calories; 5g Fat (66.5% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 237mg Sodium. Exchanges: 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Chicken, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	64	Vitamin B6 (mg):	.1mg
% Calories from Fat:	66.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	25.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	11mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	10mg
<b>Carbohydrate (g):</b>	4g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	1g
<b>Sodium (mg):</b>	237mg
<b>Potassium (mg):</b>	143mg
<b>Calcium (mg):</b>	42mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	7mg
<b>Vitamin A (i.u.):</b>	494IU
<b>Vitamin A (r.e.):</b>	85 1/2RE

**% Daily Value\*** 0 0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 5

### Amount Per Serving

**Calories** 64 Calories from Fat: 42

### % Daily Values\*

<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 237mg	10%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber 1g	3%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	10%
<b>Vitamin C</b>	12%
<b>Calcium</b>	4%
<b>Iron</b>	3%

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