

Crockpot Chicken and Rice Casserole

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4 chicken breasts
 1 can cream of celery soup
 1 can cream of chicken soup
 1 can cream of mushroom soup
 2 stalks celery, diced
 1 bay leaf
 1 large onion, chopped
 1/2 teaspoon poultry seasoning
 3 cloves garlic, minced
 1 cup Minute rice

In a crockpot bowl, mix the cans of soup and rice at the bottom.

Add the celery, onion and garlic. Stir. Submerge the chicken in the soup.

Turn the heat to HIGH for 10 minutes. Reduce to LOW and cook for four to five hours. (Or HIGH for three to four hours.)

Variation. Omit the rice and serve over cooked Pennsylvania-style wide noodles.

Per Serving (excluding unknown items): 2402 Calories; 130g Fat (49.7% calories from fat); 252g Protein; 43g Carbohydrate; 5g Dietary Fiber; 769mg Cholesterol; 3772mg Sodium. Exchanges: 1 Grain(Starch); 35 Lean Meat; 4 1/2 Vegetable; 4 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	2402
% Calories from Fat:	49.7%
% Calories from Carbohydrates:	7.4%
% Calories from Protein:	42.9%
Total Fat (g):	130g
Saturated Fat (g):	37g
Monounsaturated Fat (g):	51g
Polyunsaturated Fat (g):	31g
Cholesterol (mg):	769mg
Carbohydrate (g):	43g
Dietary Fiber (g):	5g
Protein (g):	252g
Sodium (mg):	3772mg
Potassium (mg):	3305mg
Calcium (mg):	324mg

Vitamin B6 (mg):	6.4mg
Vitamin B12 (mcg):	4.3mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	100mcg
Niacin (mg):	117mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	35
Vegetable:	4 1/2
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 11mg
Zinc (mg): 11mg
Vitamin C (mg): 29mg
Vitamin A (i.u.): 1961IU
Vitamin A (r.e.): 379RE

Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2402 Calories from Fat: 1194

% Daily Values*

Total Fat	130g	199%
Saturated Fat	37g	184%
Cholesterol	769mg	256%
Sodium	3772mg	157%
Total Carbohydrates	43g	14%
Dietary Fiber	5g	20%
Protein	252g	

Vitamin A	39%
Vitamin C	48%
Calcium	32%
Iron	63%

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