

Slow Cooker Chicken & Rice

Karen
www.Cooks.com

4 boneless/skinless chicken breasts,
trimmed and rinsed
1 can (26 ounce) cream of chicken
soup
4 cups water
3/4 cup converted long grain white
rice
3/4 cup converted long grain brown
rice
1 teaspoon black pepper
1 1/2 teaspoons salt
2 teaspoons dried parsley flakes
1 1/2 cups cheddar cheese, shredded

Rinse, trim and slice the chicken breasts. Set
aside.

Add the cream of chicken soup to the crock pot.
Add water. Whisk until smooth. Add the salt,
pepper and parsley. Whisk until mixed.

Add the chicken. Stir until covered. Add the
rice. Gently mix. Add the cheese and mix
gently.

Cover and cook on HIGH for four hours or LOW
for eight hours.

Serve with a side of broccoli and some garlic
toast.

Per Serving (excluding unknown
items): 807 Calories; 64g Fat
(70.9% calories from fat); 46g
Protein; 13g Carbohydrate; 1g
Dietary Fiber; 188mg Cholesterol;
5268mg Sodium. Exchanges: 1
Grain(Starch); 6 Lean Meat; 9 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	807	Vitamin B6 (mg):	.1mg
% Calories from Fat:	70.9%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	6.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	22.7%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	64g	Folacin (mcg):	33mcg
Saturated Fat (g):	38g	Niacin (mg):	1mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0

Cholesterol (mg):	188mg
Carbohydrate (g):	13g
Dietary Fiber (g):	1g
Protein (g):	46g
Sodium (mg):	5268mg
Potassium (mg):	282mg
Calcium (mg):	1310mg
Iron (mg):	2mg
Zinc (mg):	6mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	2367IU
Vitamin A (r.e.):	597 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	6
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 807 Calories from Fat: 573

% Daily Values*

Total Fat 64g	98%
Saturated Fat 38g	190%
Cholesterol 188mg	63%
Sodium 5268mg	220%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	3%
Protein 46g	
<hr/>	
Vitamin A	47%
Vitamin C	1%
Calcium	131%
Iron	14%

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