

Slow Cooker Chicken Grace

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RecipeSidekick.com

Servings: 6

3 - 4 boneless/ skinless chicken breasts, cut in one-inch cubes
2 cans (15 ounce) whole new potatoes, drained and cut in half
1 can (15 ounce) green beans, drained
1 can (15 ounce) baby carrots, drained
1 can (15 ounce) young sweet peas, drained
1 can (4 ounce) sliced mushrooms
1 tablespoon chopped garlic
1 teaspoon salt (or to taste)
1/2 teaspoon pepper (or to taste)
1 teaspoon celery seed
1 bottle (24 ounce) thousand island dressing
1 package (16 ounce) refrigerated hash brown Potatoes O'Brien

Preparation Time: 30 minutes

Slow Cooker: 6 hours

In a five- or six-quart slow cooker, place the chicken cubes on the bottom.

Layer the potatoes, green beans, carrots and peas on top of the potatoes.

Sprinkle the garlic, salt, pepper and celery seed over the top.

Place the hash brown potatoes on top.

Empty the thousand island dressing over the hash browns. Stir to coat the chicken and vegetables.

Cook on LOW setting for six to eight hours.

Per Serving (excluding unknown items): 7 Calories; trace Fat (16.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	7	Vitamin B6 (mg):	trace
% Calories from Fat:	16.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	63.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	20.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	3mcg
		Niacin (mg):	1mg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 2mg
Potassium (mg): 60mg
Calcium (mg): 10mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 256IU
Vitamin A (r.e.): 25 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 7 **Calories from Fat:** 1

% Daily Values*

Total Fat	trace		0%
	Saturated Fat	trace	0%
Cholesterol	0mg		0%
Sodium	2mg		0%
Total Carbohydrates	1g		0%
	Dietary Fiber	trace	1%
Protein	trace		
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Vitamin A			5%
Vitamin C			2%
Calcium			1%
Iron			2%

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