

Slow Cooker Chicken and Noodles

Gwen
www.SlowCookerKitchen.com

Servings: 8

4 cups chicken broth or stock
2 cans cream of chicken soup
1 to 2 tablespoons butter, softened
12 ounces frozen egg noodles
2 pounds chicken, diced
2 packets chicken gravy
1 tablespoon parsley (optional)
1 tablespoon garlic powder (optional)
salt (to taste)
pepper (to taste)

Preparation Time: 5 minutes

Spray or butter the crockpot insert.

Place the chicken in the bottom of the crockpot.

In a bowl, mix the soup, gravy packets, parsley, garlic powder and broth. Pour over the chicken.

Move the frozen noodles to the refrigerator to begin thawing.

Cover and cook on LOW for four to six hours.

(SIXTY TO NINETY MINUTES BEFORE SERVING): Toss the noodles in the chicken broth mixture. Stir the broth and squish the pasta under the liquid (add a little water, if necessary). Cook until the noodles are tender. Add salt and pepper to taste.

Start to Finish Time: 6 hours

Per Serving (excluding unknown items): 366 Calories; 30g Fat (74.8% calories from fat); 17g Protein; 6g Carbohydrate; 1g Dietary Fiber; 110mg Cholesterol; 851mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 4 1/2 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	366	Vitamin B6 (mg):	.3mg
% Calories from Fat:	74.8%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	7.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.1%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 30g
Saturated Fat (g): 12g
Monounsaturated Fat (g): 11g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 110mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 17g
Sodium (mg): 851mg
Potassium (mg): 269mg
Calcium (mg): 35mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1547IU
Vitamin A (r.e.): 413RE

Folacin (mcg): 24mcg
Niacin (mg): 6mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 366 **Calories from Fat:** 274

% Daily Values*

Total Fat 30g	47%
Saturated Fat 12g	61%
Cholesterol 110mg	37%
Sodium 851mg	35%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	3%
Protein 17g	
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Vitamin A	31%
Vitamin C	3%
Calcium	4%
Iron	9%

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