

Chicken Alfredo Stew

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

1 jar (16 ounce) Alfredo pasta sauce
3/4 cup water
1/2 teaspoon dried basil leaves
1/2 teaspoon salt
1 bag (20 ounce) refrigerated cooked
diced potatoes with onions
1 1/4 pounds boneless/skinless
chicken thighs, cut into one-inch pieces
1 bag (12 ounces) frozen mixed
vegetables, thawed

Spray a 3- to 4-quart slow cooker with cooking spray.

In a medium bowl, mix the pasta sauce, water, basil and salt.

In the slow cooker, layer half each of the potatoes, chicken, vegetables and pasta sauce mixture. Repeat the layers ending with the pasta sauce mixture.

Cover and cook on LOW heat setting for six to eight hours.

Per Serving (excluding unknown items): 116 Calories; 1g Fat (6.5% calories from fat); 6g Protein; 24g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1157mg Sodium. Exchanges: 4 1/2 Vegetable.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	116
% Calories from Fat:	6.5%
% Calories from Carbohydrates:	75.0%
% Calories from Protein:	18.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	24g
Dietary Fiber (g):	7g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	53mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 6g
Sodium (mg): 1157mg
Potassium (mg): 386mg
Calcium (mg): 56mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 9242IU
Vitamin A (r.e.): 924 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 116 Calories from Fat: 8

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	1157mg	48%
Total Carbohydrates	24g	8%
Dietary Fiber	7g	29%
Protein	6g	

Vitamin A	185%
Vitamin C	9%
Calcium	6%
Iron	10%

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