Broccoli-Cheese Chicken (Slow Cooker)

Barbara Jones Easy Slow Cooker Cookbook

Servings: 4 4 boneless/ skinless chicken breast

1/4 cup milk

2 tablespoons butter, melted

1 can (10 ounce) broccoli-cheese soup

1 package (10 ounce) frozen broccoli

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Slow Cooker:

Spray a slow cooker with nonstick cooking spray.

Dry the chicken breasts with paper towels. Place the breasts in the slow cooker.

In a bowl, combine the melted butter, soup and milk. Spoon over the chicken.

Cover and cook on LOW for four to six hours.

Remove the cooker lid. Place the broccoli over the chicken.

Cover and cook for one additional hour.

Serve over hot, buttered rice.

Per Serving (excluding unknown items): 60 Calories; 6g Fat (91.6% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 66mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Chicken, Slow Cooker

Dar Camina Nutritianal Analysia

Calories (kcal):	60	Vitamin B6 (mg):	trace
% Calories from Fat:	91.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	1mcg
Saturated Fat (g): Monounsaturated Fat (g):	4g 2g	Niacin (mg): Caffeine (mg):	trace 0mg
monounsulurulou i al (g).	-9		

Polyunsaturated Fat (g): Cholesterol (mg):	trace 18mg	Alcohol (kcal): ⁹ Pofuso:	0 0 0%
Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg):	1g trace 1g 66mg 26mg 20mg trace trace trace	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	0 0 0 0 0 1 0
Vitamin A (i.u.): Vitamin A (r.e.):	240IU 60RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving				
Calories 60	Calories from Fat: 55			
	% Daily Values*			
Total Fat 6g	10%			
Saturated Fat 4g	19%			
Cholesterol 18mg	6%			
Sodium 66mg	3%			
Total Carbohydrates 1g	0%			
Dietary Fiber trace	0%			
Protein 1g				
Vitamin A	5%			
Vitamin C	1%			
Calcium	2%			
Iron	0%			

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