

Chicken in a Pot

Walmart Advertising

Servings: 4

2 carrots, sliced
2 onions, sliced
2 stalks celery, cut into 1-inch pieces
3 - 4 pound whole fryer chicken
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup water, chicken broth or white wine
1/2 teaspoon dried basil

Place the carrots, onion and celery in the bottom of a slow cooker.

Place the whole fryer chicken on top of the vegetables.

Sprinkle with salt and pepper and add the liquid. Sprinkle the basil over the top.

Cover and cook on low for eight to ten hours.

Remove the chicken and vegetables with a spatula.

Start to Finish Time: 8 hours

Per Serving (excluding unknown items): 2042 Calories; 140g Fat (63.0% calories from fat); 173g Protein; 11g Carbohydrate; 3g Dietary Fiber; 846mg Cholesterol; 1223mg Sodium. Exchanges: 0 Grain(Starch); 23 1/2 Lean Meat; 1 1/2 Vegetable; 13 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	2042
% Calories from Fat:	63.0%
% Calories from Carbohydrates:	2.1%
% Calories from Protein:	34.8%
Total Fat (g):	140g
Saturated Fat (g):	40g
Monounsaturated Fat (g):	57g
Polyunsaturated Fat (g):	30g
Cholesterol (mg):	846mg
Carbohydrate (g):	11g
	3g

Vitamin B6 (mg):	3.3mg
Vitamin B12 (mcg):	10.4mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	1.8mg
Folacin (mcg):	304mcg
Niacin (mg):	63mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 173g
Sodium (mg): 1223mg
Potassium (mg): 2046mg
Calcium (mg): 141mg
Iron (mg): 13mg
Zinc (mg): 14mg
Vitamin C (mg): 33mg
Vitamin A (i.u.): 17417IU
Vitamin A (r.e.): 3178RE

Grain (Starch):
Lean Meat: 23 1/2
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 13
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 2042 Calories from Fat: 1288

% Daily Values*

Total Fat	140g	215%
	Saturated Fat 40g	199%
Cholesterol	846mg	282%
Sodium	1223mg	51%
Total Carbohydrates	11g	4%
	Dietary Fiber 3g	10%
Protein	173g	

Vitamin A	348%
Vitamin C	55%
Calcium	14%
Iron	71%

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