

# Creamed Chicken (Slow Cooker)

Barbara Jones  
*Easy Slow Cooker Cookbook*

## Servings: 5

*4 large boneless/ skinless chicken breast halves*  
*lemon juice*  
*salt (to taste)*  
*pepper (to taste)*  
*1 sweet red bell pepper, chopped*  
*2 ribs celery, sliced diagonally*  
*1 can (10 ounce) cream of chicken soup*  
*1 can (10 ounce) cream of celery soup*  
*1/3 cup dry white wine*  
*1 package (4 ounce) shredded Parmesan cheese*

## Slow Cooker: 7 hours

Spray a slow cooker with nonstick cooking spray.

Wash and pat the chicken dry with paper towels.  
Rub a little lemon juice over the chicken.  
Sprinkle with a little salt and pepper.

Place the chicken in the slow cooker. Top with the celery.

In a saucepan, combine the chicken soup, celery soup and the wine. Heat just enough to mix thoroughly.

Pour over the chicken breasts. Sprinkle with Parmesan cheese.

Cover and cook on LOW for six to seven hours.

Serve over hot, buttered rice.

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Per Serving (excluding unknown items): 59 Calories; 3g Fat (52.4% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 419mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Chicken, Slow Cooker

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	59	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	52.4%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	35.3%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	12.3%	<b>Riboflavin B2 (mg):</b>	trace

**Total Fat (g):** 3g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 6mg  
**Carbohydrate (g):** 4g  
**Dietary Fiber (g):** trace  
**Protein (g):** 2g  
**Sodium (mg):** 419mg  
**Potassium (mg):** 101mg  
**Calcium (mg):** 35mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 202IU  
**Vitamin A (r.e.):** 21 1/2RE

**Folacin (mcg):** 5mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 11  
**% Refuse:** n n%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 5

### Amount Per Serving

**Calories** 59 Calories from Fat: 31

### % Daily Values\*

<b>Total Fat</b>	3g	4%
	Saturated Fat 1g	4%
<b>Cholesterol</b>	6mg	2%
<b>Sodium</b>	419mg	17%
<b>Total Carbohydrates</b>	4g	1%
	Dietary Fiber trace	2%
<b>Protein</b>	2g	
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<b>Vitamin A</b>		4%
<b>Vitamin C</b>		2%
<b>Calcium</b>		3%
<b>Iron</b>		2%

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