



Chicken and Wild Rice Slow Cooker Dinner

 Gluten Free

READY IN



310 min.

SERVINGS



6

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baby carrots
- ☐ 32.3 ounce cream of chicken soup canned
- ☐ 1 cup milk
- ☐ 4 cups rice mix long grain wild
- ☐ 6 chicken breast halves boneless skinless
- ☐ 2.3 cups water

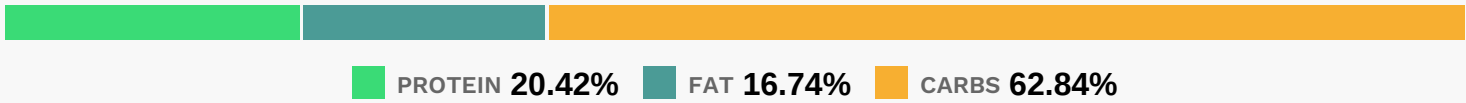
Equipment

- ☐ slow cooker

Directions

- ☐ Spray the inside of a slow cooker with cooking spray.
- ☐ Stir together cream of chicken soup, water, milk, long grain and wild rice mix (including seasoning packets, if any), and baby carrots in the slow cooker.
- ☐ Place chicken breasts on top of the mixture.
- ☐ Cover and cook on High until chicken is cooked through and rice is tender, about 5 hours; or cook on Low setting for 7 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:64.76, Inflammation Score:-10, Nutrition Score:30.534348062847%

Nutrients (% of daily need)

Calories: 766.99kcal (38.35%), Fat: 13.93g (21.43%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 117.64g (39.21%), Net Carbohydrates: 113.85g (41.4%), Sugar: 6.53g (7.25%), Cholesterol: 89.39mg (29.8%), Sodium: 1285.8mg (55.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.23g (76.46%), Vitamin A: 10802.17IU (216.04%), Selenium: 59.13µg (84.47%), Manganese: 1.58mg (78.91%), Vitamin B3: 14.82mg (74.1%), Vitamin B6: 1.15mg (57.64%), Phosphorus: 488.61mg (48.86%), Vitamin B5: 3.61mg (36.08%), Copper: 0.59mg (29.35%), Potassium: 874.77mg (24.99%), Iron: 3.69mg (20.52%), Magnesium: 79.64mg (19.91%), Vitamin B2: 0.33mg (19.23%), Zinc: 2.75mg (18.31%), Fiber: 3.8g (15.18%), Vitamin B1: 0.22mg (14.93%), Calcium: 138.39mg (13.84%), Vitamin K: 13.83µg (13.17%), Folate: 37.85µg (9.46%), Vitamin E: 1.19mg (7.96%), Vitamin B12: 0.45µg (7.43%), Vitamin C: 3.47mg (4.21%), Vitamin D: 0.56µg (3.74%)