



Chicken in Mushroom Sauce

 Gluten Free

READY IN



245 min.

SERVINGS



4

CALORIES



322 kcal

SAUCE

Ingredients

- 10 ounces cream of mushroom soup undiluted canned
- 4 bacon crumbled cooked
- 4 chicken breast halves boneless skinless
- 8 ounces cream sour

Equipment

- slow cooker

Directions

- Place chicken in a 3-qt. slow cooker.
- Combine soup and sour cream; pour over chicken. Cover and cook on low for 4-5 hours or until chicken is tender.
- Sprinkle with bacon.

Nutrition Facts

PROTEIN 39.54% **FAT 52.33%** **CARBS 8.13%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:15.453478442586%

Nutrients (% of daily need)

Calories: 321.76kcal (16.09%), Fat: 18.44g (28.36%), Saturated Fat: 8.18g (51.11%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 6.3g (2.29%), Sugar: 1.93g (2.15%), Cholesterol: 117.24mg (39.08%), Sodium: 785.55mg (34.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.35g (62.69%), Vitamin B3: 13.32mg (66.58%), Selenium: 42.31µg (60.45%), Vitamin B6: 0.94mg (47.04%), Phosphorus: 331.98mg (33.2%), Vitamin B5: 2.02mg (20.25%), Potassium: 618.19mg (17.66%), Vitamin B2: 0.27mg (15.84%), Zinc: 1.87mg (12.45%), Manganese: 0.24mg (11.88%), Magnesium: 42.49mg (10.62%), Copper: 0.19mg (9.54%), Vitamin B1: 0.14mg (9.51%), Vitamin B12: 0.55µg (9.09%), Vitamin A: 390.1IU (7.8%), Calcium: 66.63mg (6.66%), Iron: 1.03mg (5.72%), Folate: 12.88µg (3.22%), Vitamin E: 0.46mg (3.09%), Vitamin C: 1.87mg (2.26%), Vitamin K: 1.08µg (1.03%)