

Creamy Italian Chicken

 Gluten Free

READY IN



250 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 8 ounce cream cheese
- 1 packet salad dressing mix dry italian kraft® (such as Zesty)
- 4.5 ounce mushrooms drained canned
- 3 chicken breast halves boneless skinless cubed
- 0.3 cup water

Equipment

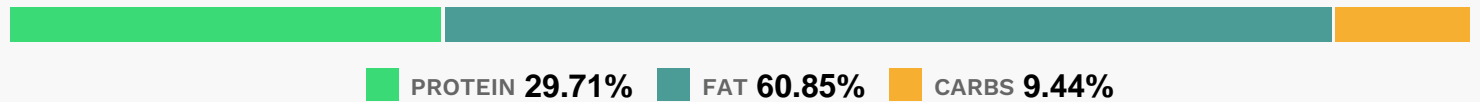
- bowl

- hand mixer
- slow cooker

Directions

- Place the chicken breast pieces into the bottom of a slow cooker.
- Pour in water, and stir in the salad dressing mix. Cover the cooker, set on low, and cook 3 or more hours (see note).
- With an electric mixer, beat the soup, cream cheese, and mushrooms in a bowl until thoroughly combined.
- Mix with the chicken and any juices in the slow cooker. Cover and cook 1 more hour.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:14.617825969406%

Nutrients (% of daily need)

Calories: 349.15kcal (17.46%), Fat: 23.64g (36.36%), Saturated Fat: 12.86g (80.4%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.78g (2.83%), Sugar: 2.76g (3.07%), Cholesterol: 115.32mg (38.44%), Sodium: 845.05mg (36.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.97g (51.94%), Vitamin B3: 10.73mg (53.64%), Selenium: 34.96µg (49.95%), Vitamin B6: 0.73mg (36.51%), Phosphorus: 288.17mg (28.82%), Vitamin B2: 0.39mg (22.89%), Vitamin B5: 2.15mg (21.53%), Potassium: 585.84mg (16.74%), Vitamin A: 786.89IU (15.74%), Copper: 0.29mg (14.46%), Manganese: 0.26mg (13.13%), Zinc: 1.78mg (11.87%), Magnesium: 35.49mg (8.87%), Vitamin B1: 0.11mg (7.22%), Vitamin B12: 0.43µg (7.15%), Calcium: 63.68mg (6.37%), Iron: 1.07mg (5.94%), Folate: 19.25µg (4.81%), Vitamin E: 0.65mg (4.35%), Vitamin C: 1.69mg (2.04%), Fiber: 0.47g (1.89%), Vitamin K: 1.36µg (1.3%)