



Creamy Slow-cooker Chicken

 Gluten Free  Dairy Free

READY IN



265 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 10.8 oz cream of mushroom soup reduced-fat canned
- 0.5 cup wine dry white
- 8 oz mushrooms fresh sliced
- 0.7 oz salad dressing italian
- 2 teaspoons lawry's seasoned salt
- 2.5 lbs chicken breast boneless skinless

Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- slow cooker

Directions

- Sprinkle chicken with seasoned salt. Cook chicken, in batches, in hot oil in a large skillet over medium-high heat 2 to 3 minutes on each side or just until browned.
- Transfer chicken to a 5-qt. slow cooker, reserving drippings in skillet.
- Add soup, cream cheese, white wine, and Italian dressing mix to hot drippings in skillet. Cook over medium heat, stirring constantly, 2 to 3 minutes or until cheese is melted and mixture is smooth.
- Arrange mushrooms over chicken in slow cooker. Spoon soup mixture over mushrooms. Cover and cook on LOW 4 hours. Stir well before serving.
- Note: For testing purposes only we used Good Seasons Italian All Natural Salad Dressing and Recipe
- Mix.
- To make ahead: Prepare recipe as directed.
- Transfer to a 13- x 9-inch baking dish, and let cool completely. Freeze up to one month. Thaw in refrigerator 8 to 24 hours. To reheat, cover tightly with aluminum foil, and bake at 325 for 45 minutes. Uncover and bake 15 minutes or until thoroughly heated.

Nutrition Facts

PROTEIN 58.55% **FAT 35.02%** **CARBS 6.43%**

Properties

Glycemic Index:7.83, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:21.677826383839%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin:

0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 320.35kcal (16.02%), Fat: 11.61g (17.86%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.31g (1.57%), Sugar: 1.3g (1.44%), Cholesterol: 123.5mg (41.17%), Sodium: 1390.25mg (60.45%), Alcohol: 2.06g (100%), Alcohol %: 0.85% (100%), Protein: 43.66g (87.31%), Vitamin B3: 21.56mg (107.8%), Selenium: 64.08µg (91.55%), Vitamin B6: 1.49mg (74.37%), Phosphorus: 448.23mg (44.82%), Vitamin B5: 3.36mg (33.65%), Potassium: 900.63mg (25.73%), Vitamin B2: 0.37mg (22.03%), Magnesium: 58.28mg (14.57%), Copper: 0.27mg (13.74%), Zinc: 1.88mg (12.53%), Manganese: 0.22mg (11.25%), Vitamin B1: 0.16mg (10.89%), Vitamin E: 1.25mg (8.35%), Vitamin B12: 0.47µg (7.91%), Iron: 1.31mg (7.29%), Vitamin K: 5.64µg (5.37%), Folate: 17.74µg (4.44%), Vitamin C: 3.08mg (3.73%), Fiber: 0.48g (1.92%), Vitamin D: 0.26µg (1.76%), Calcium: 15.33mg (1.53%), Vitamin A: 57.89IU (1.16%)