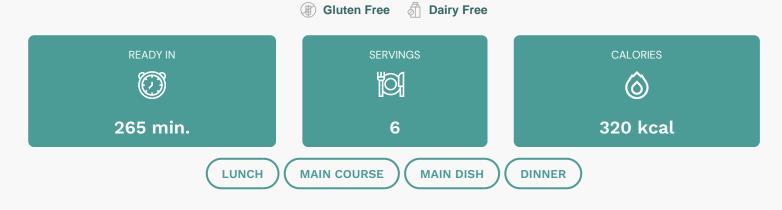


Creamy Slow-cooker Chicken



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%	
	FROTEIR 30.3370 FAT 33.0270 CARBS 0.4370	

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: 0.11mg, 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, 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%)