



Crock Pot Cream Cheese Chicken



Gluten Free



Popular

READY IN



440 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter divided melted ()
- ☐ 1 small onion chopped
- ☐ 8 ounces cream cheese
- ☐ 0.7 ounce salad dressing mix italian
- ☐ 3 lbs chicken pieces
- ☐ 1 garlic clove chopped
- ☐ 0.5 cup chicken broth
- ☐ 10.5 ounce cream of chicken soup canned

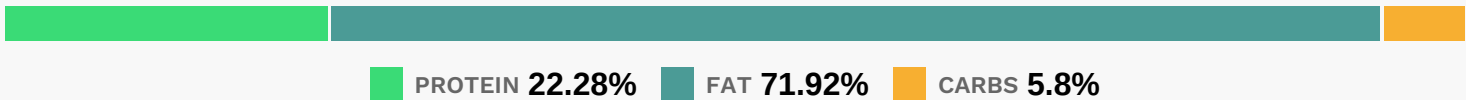
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Place chicken pieces in crock pot and sprinkle Italian seasoning over chicken.
- ☐ Sprinkle with 2 tablespoons melted butter.
- ☐ Cook on low for 4-6 hours.
- ☐ Melt 2 tablespoons butter in a sauce pan and saute onion and garlic.
- ☐ Add Cream of Chicken Soup, cream cheese, and chicken broth. Stir until smooth.
- ☐ Add this mixture to crock pot and cook on low for an additional hour.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:13.783043480438%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 589.53kcal (29.48%), Fat: 46.72g (71.87%), Saturated Fat: 19.93g (124.56%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 8.28g (3.01%), Sugar: 2.28g (2.53%), Cholesterol: 178.27mg (59.42%), Sodium: 1038.13mg (45.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.11%), Vitamin B3: 10.78mg (53.91%), Selenium: 26.7µg (38.15%), Vitamin B6: 0.58mg (29.07%), Phosphorus: 289.7mg (28.97%), Vitamin A: 1047.76IU (20.96%), Vitamin B2: 0.31mg (18.43%), Vitamin B5: 1.74mg (17.43%), Zinc: 2.4mg (16.01%), Potassium: 390.49mg (11.16%), Iron: 2mg (11.13%), Vitamin B12: 0.58µg (9.68%), Magnesium: 37.9mg (9.48%), Vitamin E: 1.28mg (8.55%), Vitamin B1: 0.12mg (7.91%), Copper: 0.15mg (7.67%), Calcium: 67.19mg (6.72%), Vitamin K: 5.85µg (5.57%), Manganese: 0.1mg (4.98%), Vitamin C: 3.54mg (4.29%), Folate: 16.16µg (4.04%), Vitamin D: 0.31µg (2.06%)