



## Easy and Delicious Chicken

 **Gluten Free**

READY IN



**555 min.**

SERVINGS



**6**

CALORIES



**400 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup chicken broth
- 10.8 ounce cream of chicken soup canned
- 8 ounce cream cheese
- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 8 ounce salad dressing italian-style
- 6 servings salt and pepper to taste
- 6 chicken breast halves boneless skinless

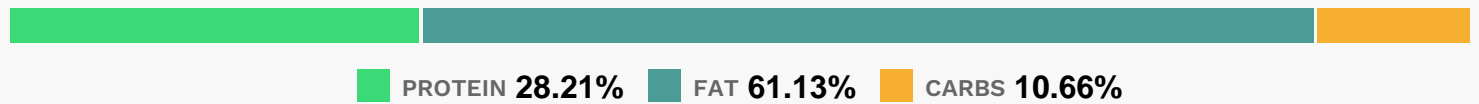
# Equipment

- bowl
- slow cooker

# Directions

- In a slow cooker, combine the chicken breasts and Italian-style dressing.
- Cover, and cook on Low for 6 to 8 hours.
- Drain off the juices, and shred the chicken meat. In a medium bowl, mix the soup, broth, cream cheese, basil, thyme, salt, and pepper.
- Pour over the chicken in the slow cooker. Continue cooking on Low for 1 hour.

# Nutrition Facts



# Properties

Glycemic Index:11.67, Glycemic Load:2.13, Inflammation Score:-6, Nutrition Score:15.298695761224%

# Nutrients (% of daily need)

Calories: 400.32kcal (20.02%), Fat: 26.93g (41.43%), Saturated Fat: 10.26g (64.14%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 10.5g (3.82%), Sugar: 5.95g (6.61%), Cholesterol: 115.34mg (38.45%), Sodium: 1320.89mg (57.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.91%), Vitamin B3: 12.16mg (60.81%), Selenium: 41.3µg (58.99%), Vitamin B6: 0.89mg (44.67%), Phosphorus: 301.12mg (30.11%), Vitamin K: 27.13µg (25.84%), Vitamin B5: 1.93mg (19.27%), Potassium: 534.6mg (15.27%), Vitamin B2: 0.25mg (14.57%), Vitamin A: 652.17IU (13.04%), Vitamin E: 1.67mg (11.15%), Magnesium: 37.88mg (9.47%), Iron: 1.3mg (7.24%), Zinc: 1.06mg (7.05%), Vitamin B1: 0.1mg (6.93%), Calcium: 59.47mg (5.95%), Copper: 0.12mg (5.9%), Vitamin B12: 0.32µg (5.28%), Manganese: 0.1mg (5.03%), Folate: 9.42µg (2.36%), Vitamin C: 1.6mg (1.94%)