



Healthier Slow Cooker Chicken Stroganoff

 Gluten Free

READY IN



340 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon carrots chopped
- ☐ 8 ounces natural cream of chicken soup
- ☐ 1 clove garlic
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon lemon zest
- ☐ 4 ounces neufchâtel cheese
- ☐ 1 tablespoon onion chopped

- ☐ 1 tablespoon parsley chopped
- ☐ 1 cup peas frozen
- ☐ 1 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless cubed

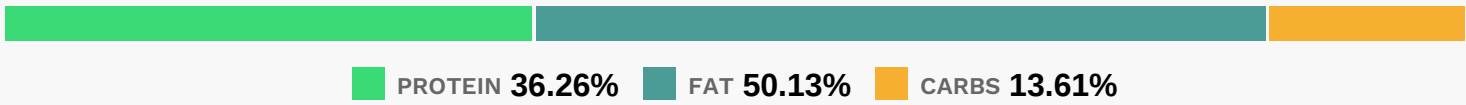
Equipment

- ☐ food processor
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Combine the carrot, parsley, onion, garlic, lemon zest, salt, and ground pepper in a small blender or food processor. Process until finely chopped and transfer to slow cooker.
- ☐ Add chicken and butter and mix. Cook on Low for 5 to 6 hours.
- ☐ Stir in Neufchatel cheese, chicken soup, and peas. Cook on High until heated through, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:83.04, Glycemic Load:3.69, Inflammation Score:-8, Nutrition Score:18.914782814358%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 335.51kcal (16.78%), Fat: 18.51g (28.47%), Saturated Fat: 8.86g (55.37%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 9g (3.27%), Sugar: 3.58g (3.97%), Cholesterol: 112.88mg (37.63%), Sodium: 1255.39mg (54.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.11g (60.22%), Vitamin B3: 12.89mg (64.44%),

Selenium: 38.94µg (55.63%), Vitamin B6: 0.94mg (46.92%), Phosphorus: 338.81mg (33.88%), Vitamin A: 1539.33IU (30.79%), Vitamin K: 29.64µg (28.22%), Vitamin C: 18.04mg (21.87%), Vitamin B5: 1.95mg (19.51%), Potassium: 605.28mg (17.29%), Vitamin B2: 0.24mg (14.01%), Vitamin B1: 0.19mg (12.59%), Manganese: 0.25mg (12.37%), Magnesium: 48.22mg (12.06%), Zinc: 1.54mg (10.29%), Iron: 1.7mg (9.44%), Fiber: 2.31g (9.23%), Copper: 0.18mg (9.16%), Folate: 36.16µg (9.04%), Calcium: 63.13mg (6.31%), Vitamin E: 0.88mg (5.86%), Vitamin B12: 0.32µg (5.38%)