



## Julia's Easy Slow Cooker Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 tablespoon cornstarch
- 1 ounce onion soup mix dry
- 1.3 cups milk
- 4 potatoes cubed
- 8 chicken breast halves boneless skinless

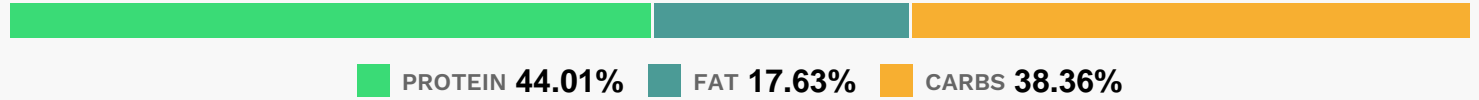
### Equipment

- slow cooker

## Directions

- Put the chicken pieces and potatoes into a slow cooker.
- Combine the soup, milk, cornstarch and dry soup mix and pour over the chicken and potatoes. Cook for 8 to 10 hours on low.
- Serve!

## Nutrition Facts



## Properties

Glycemic Index:20.29, Glycemic Load:19.12, Inflammation Score:-5, Nutrition Score:24.759565436322%

## Flavonoids

Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 363.54kcal (18.18%), Fat: 7g (10.77%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 30.72g (11.17%), Sugar: 3.94g (4.37%), Cholesterol: 105.47mg (35.16%), Sodium: 943.6mg (41.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.65%), Vitamin B3: 17.79mg (88.97%), Vitamin B6: 1.63mg (81.41%), Selenium: 49.94µg (71.35%), Phosphorus: 476.98mg (47.7%), Potassium: 1334.73mg (38.14%), Vitamin C: 29.94mg (36.29%), Vitamin B5: 2.91mg (29.06%), Manganese: 0.43mg (21.33%), Magnesium: 84.77mg (21.19%), Vitamin B2: 0.31mg (18.49%), Vitamin B1: 0.26mg (17.58%), Copper: 0.31mg (15.68%), Fiber: 3.55g (14.2%), Zinc: 2.12mg (14.14%), Iron: 2.09mg (11.59%), Vitamin B12: 0.68µg (11.26%), Calcium: 100.08mg (10.01%), Folate: 32.3µg (8.08%), Vitamin D: 0.75µg (4.98%), Vitamin K: 3.23µg (3.07%), Vitamin A: 136.59IU (2.73%), Vitamin E: 0.33mg (2.22%)