



## Mayonnaise Chicken

 **Gluten Free**  **Low Fod Map**

READY IN



**250 min.**

SERVINGS



**6**

CALORIES



**649 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 tablespoon butter
- 2 cups mayonnaise
- 0.7 ounce salad dressing mix dry italian-style
- 6 chicken breast halves boneless skinless cut into bite-size pieces

## Equipment

- bowl
- slow cooker

## Directions

- Set slow cooker to High and melt butter in the bottom of the crock.
- Mix mayonnaise with Italian salad dressing mix in a bowl and stir chicken pieces into the mixture to coat.
- Pour the chicken mixture into the slow cooker over the butter. Cover and cook until chicken is tender, 4 to 5 hours, stirring occasionally.

## Nutrition Facts

**PROTEIN 15.41%** **FAT 84.07%** **CARBS 0.52%**

## Properties

Glycemic Index:16.67, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:16.330434819926%

## Nutrients (% of daily need)

Calories: 648.67kcal (32.43%), Fat: 59.95g (92.23%), Saturated Fat: 9.77g (61.09%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.78g (0.87%), Cholesterol: 104.93mg (34.98%), Sodium: 641.81mg (27.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.45%), Vitamin K: 123.83µg (117.93%), Vitamin B3: 11.79mg (58.95%), Selenium: 37.95µg (54.21%), Vitamin B6: 0.85mg (42.72%), Phosphorus: 253.62mg (25.36%), Vitamin E: 2.75mg (18.33%), Vitamin B5: 1.74mg (17.39%), Potassium: 435.95mg (12.46%), Magnesium: 30.3mg (7.58%), Vitamin B2: 0.13mg (7.49%), Vitamin B1: 0.08mg (5.37%), Vitamin B12: 0.32µg (5.28%), Zinc: 0.77mg (5.13%), Iron: 0.58mg (3.24%), Copper: 0.05mg (2.27%), Folate: 8.27µg (2.07%), Vitamin A: 98.2IU (1.96%), Vitamin D: 0.26µg (1.75%), Vitamin C: 1.37mg (1.66%), Calcium: 12.19mg (1.22%), Manganese: 0.02mg (1.16%)