

Quick Chick!

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

READY IN



375 min.

SERVINGS



4

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon paprika
- 0.5 teaspoon herb seasoning blend salt-free
- 3 chicken breast halves boneless skinless
- 1 teaspoon soya sauce
- 12 ounce campbell's turkey gravy

Equipment

- slow cooker

Directions

- Place chicken and gravy into a slow cooker. Season with paprika, seasoning blend and soy sauce. Cook on high for 4 hours or for 6 to 8 hours on medium. Tear chicken into pieces.
- Serve over rice, noodles or potatoes.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:8.7395651055419%

Nutrients (% of daily need)

Calories: 135.57kcal (6.78%), Fat: 3.69g (5.68%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.6g (1.67%), Sugar: 1.51g (1.68%), Cholesterol: 54.24mg (18.08%), Sodium: 571.95mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.36%), Vitamin B3: 8.95mg (44.76%), Selenium: 27.18µg (38.82%), Vitamin B6: 0.65mg (32.48%), Phosphorus: 181.62mg (18.16%), Vitamin B5: 1.23mg (12.25%), Potassium: 330.22mg (9.43%), Magnesium: 24.74mg (6.19%), Vitamin B2: 0.09mg (5.49%), Vitamin K: 4.2µg (4%), Vitamin B1: 0.06mg (3.8%), Zinc: 0.53mg (3.5%), Iron: 0.63mg (3.49%), Vitamin A: 159.04IU (3.18%), Vitamin B12: 0.17µg (2.82%), Manganese: 0.05mg (2.75%), Vitamin E: 0.35mg (2.31%), Copper: 0.03mg (1.53%), Calcium: 14.95mg (1.49%), Fiber: 0.36g (1.44%), Folate: 5.24µg (1.31%), Vitamin C: 1.03mg (1.25%)