



Slow-Cooker Cheesy Chicken & Potatoes

 Gluten Free  Dairy Free

READY IN



380 min.

SERVINGS



20

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz cream of chicken soup canned
- 0.3 cup parsley fresh chopped
- 1 large bell pepper green chopped
- 1 tsp paprika
- 1 lb potatoes red very thinly sliced (3)
- 2 lb chicken thighs boneless skinless halved
- 1 Tbsp lea & perrins worcestershire sauce
- 4 oz velveeta cut into 1/2-inch cubes

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Equipment

slotted spoon

slow cooker

Directions

Place peppers in slow cooker sprayed with cooking spray; top with potatoes.

Sprinkle paprika over chicken.

Place half the thighs in slow cooker; cover with soup and remaining thighs. Cover with lid.

Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours).

Use slotted spoon to transfer chicken and vegetables to platter; cover to keep warm. Set slow cooker on HIGH heat.

Add VELVEETA and Worcestershire sauce to reserved liquid in slow cooker; stir. Cover with lid; cook 5 min. Stir until VELVEETA is completely melted and sauce is well blended. Spoon over chicken and vegetables; top with parsley.

Nutrition Facts



PROTEIN 45.62% **FAT 29.35%** **CARBS 25.03%**

Properties

Glycemic Index:5, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:6.1495652146961%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 85.5kcal (4.27%), Fat: 2.75g (4.23%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.67g (0.74%), Cholesterol: 44.23mg (14.74%), Sodium: 155.75mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.22%), Selenium: 10.65µg (15.21%), Vitamin K: 15.56µg (14.82%), Vitamin B3: 2.92mg (14.58%), Vitamin B6: 0.26mg (13.1%), Vitamin C: 9.67mg (11.72%), Phosphorus: 106mg

(10.6%), Potassium: 249.2mg (7.12%), Vitamin B5: 0.65mg (6.49%), Vitamin B2: 0.1mg (5.85%), Zinc: 0.83mg (5.54%), Vitamin B12: 0.29µg (4.84%), Iron: 0.82mg (4.57%), Vitamin B1: 0.07mg (4.49%), Magnesium: 17.5mg (4.37%), Copper: 0.08mg (4.15%), Vitamin A: 189.11IU (3.78%), Manganese: 0.06mg (3.1%), Fiber: 0.59g (2.36%), Folate: 8.26µg (2.07%), Vitamin E: 0.23mg (1.54%), Calcium: 11.36mg (1.14%)