



Slow Cooker Chicken Parisienne

READY IN



480 min.

SERVINGS



6

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce mushrooms canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings paprika
- ☐ 6 servings salt & pepper
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 cup heavy whipping cream sour

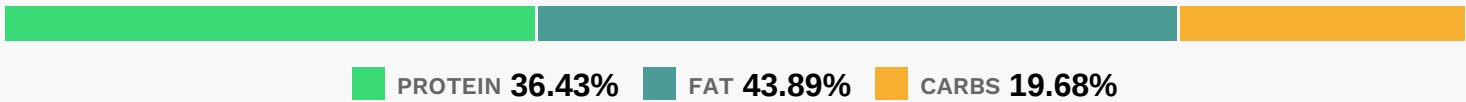
Equipment

- ☐ mixing bowl
- ☐ slow cooker

Directions

- ☐ Season chicken breasts with salt, pepper and paprika.2
- ☐ Place in slow cooker.3 In a mixing bowl, combine wine, soup and mushrooms.4 In another bowl mix together sour cream and flour.5 Stir sour cream mixture into the mushrooms and wine.6
- ☐ Pour over chicken in slow cooker.7
- ☐ Sprinkle with additional paprika if desired.8 Cover, and cook on low for 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:3.01, Inflammation Score:-7, Nutrition Score:13.188695454079%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 239.08kcal (11.95%), Fat: 10.98g (16.89%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 9.62g (3.5%), Sugar: 2.22g (2.46%), Cholesterol: 73.37mg (24.46%), Sodium: 746.01mg (32.44%), Alcohol: 2.06g (100%), Alcohol %: 1.22% (100%), Protein: 20.5g (40.99%), Vitamin B3: 9.22mg (46.1%), Selenium: 28.31µg (40.44%), Vitamin B6: 0.67mg (33.42%), Vitamin A: 1246.5IU (24.93%), Phosphorus: 231.6mg (23.16%), Vitamin B5: 1.55mg (15.53%), Manganese: 0.28mg (13.87%), Potassium: 483.49mg (13.81%), Vitamin B2: 0.23mg (13.41%), Copper: 0.2mg (10.08%), Zinc: 1.42mg (9.49%), Magnesium: 36.88mg (9.22%), Vitamin B1: 0.13mg (8.84%), Iron: 1.55mg (8.61%), Vitamin E: 0.88mg (5.84%), Fiber: 1.45g (5.8%), Folate: 22.13µg (5.53%), Calcium: 54.14mg (5.41%), Vitamin B12: 0.31µg (5.21%), Vitamin K: 2.43µg (2.31%), Vitamin C: 1.27mg (1.54%)