



## Slow Cooker Chicken Stroganoff

 Gluten Free

READY IN



310 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce cream of chicken soup canned
- 8 ounce cream cheese
- 0.1 cup butter
- 0.7 ounce salad dressing dry italian-style
- 4 chicken breast halves boneless skinless cubed

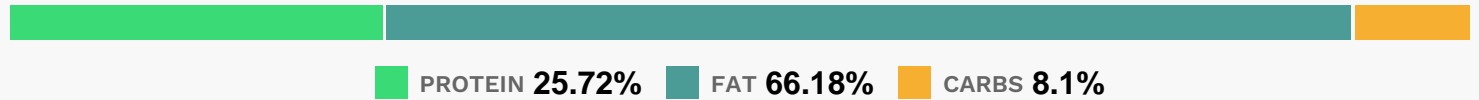
### Equipment

- slow cooker

## Directions

- Put chicken, margarine and dressing mix in slow cooker; mix together and cook on low for 5 to 6 hours.
- Add cream cheese and soup, mix together and cook on high for another 1/2 hour or until heated through and warm.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:3.19, Inflammation Score:-7, Nutrition Score:15.287391538205%

## Nutrients (% of daily need)

Calories: 458.75kcal (22.94%), Fat: 33.58g (51.67%), Saturated Fat: 14.72g (91.99%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 9.25g (3.36%), Sugar: 3.08g (3.42%), Cholesterol: 135.68mg (45.23%), Sodium: 960.12mg (41.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.75%), Selenium: 42.58µg (60.83%), Vitamin B3: 12.14mg (60.72%), Vitamin B6: 0.88mg (44.1%), Phosphorus: 323.96mg (32.4%), Vitamin A: 1189.56IU (23.79%), Vitamin B5: 2.09mg (20.86%), Vitamin B2: 0.28mg (16.53%), Potassium: 537.42mg (15.35%), Vitamin E: 1.44mg (9.62%), Magnesium: 37.99mg (9.5%), Zinc: 1.16mg (7.76%), Calcium: 74.09mg (7.41%), Iron: 1.3mg (7.23%), Vitamin K: 7.32µg (6.97%), Copper: 0.14mg (6.96%), Vitamin B1: 0.1mg (6.46%), Vitamin B12: 0.36µg (5.96%), Manganese: 0.08mg (3.83%), Folate: 11.22µg (2.8%), Vitamin C: 1.47mg (1.78%)