



Slow Cooker Chicken Tetrazzini



Gluten Free



Popular

READY IN



255 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 8 ounce cream cheese softened
- ☐ 3 cloves garlic minced
- ☐ 1 small onion separated sliced
- ☐ 0.7 ounce salad dressing mix dry italian-style
- ☐ 6 chicken breast halves boneless skinless

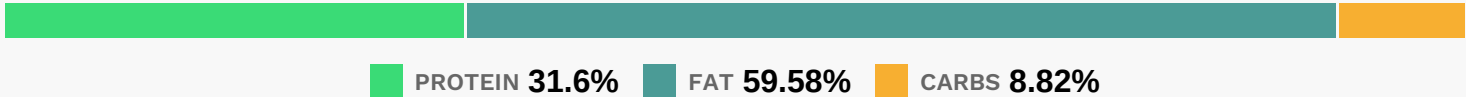
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place chicken in the slow cooker crock. Top with 2 tablespoons melted butter; sprinkle with Italian dressing mix.
- ☐ Cover, and cook on High for 3 hours.
- ☐ Heat the remaining 2 tablespoons of butter in a large skillet over medium heat. Stir in onion and garlic; cook and stir until onion is soft, about 5 minutes.
- ☐ Mix in the cream of chicken soup, chicken broth, and cream cheese.
- ☐ Pour mixture over the cooked chicken in the slow cooker.
- ☐ Cover, and continue to cook on Low until chicken is fork tender and the sauce has thickened, about 1 additional hour.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:14.279130311116%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 356.31kcal (17.82%), Fat: 23.4g (36.01%), Saturated Fat: 11.64g (72.77%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.57g (2.75%), Sugar: 2.65g (2.94%), Cholesterol: 124.99mg (41.66%), Sodium: 742.56mg (32.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.85%), Vitamin B3: 12.09mg (60.46%), Selenium: 40.84µg (58.34%), Vitamin B6: 0.9mg (45.12%), Phosphorus: 301.57mg (30.16%), Vitamin B5: 1.95mg (19.53%), Vitamin A: 752.56IU (15.05%), Potassium: 523.36mg (14.95%), Vitamin B2: 0.24mg (14.19%), Magnesium: 36.81mg (9.2%), Zinc: 1.05mg (6.99%), Vitamin B1: 0.1mg (6.73%), Vitamin E: 1.01mg (6.71%), Iron: 1.07mg (5.95%), Copper:

0.11mg (5.75%), Calcium: 57.16mg (5.72%), Vitamin B12: 0.32µg (5.35%), Manganese: 0.11mg (5.29%), Vitamin K: 5.35µg (5.1%), Vitamin C: 2.75mg (3.33%), Folate: 11.34µg (2.83%)