



Slow Cooker Chicken with Mushroom Wine Sauce

 **Gluten Free**

READY IN



370 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon onion dried minced
- 1 teaspoon parsley dried
- 0.3 teaspoon garlic powder
- 1 tablespoon milk
- 4 ounce mushroom pieces drained canned
- 4 servings salt and pepper to taste

4 chicken breast halves boneless skinless

0.3 cup white wine

Equipment

slow cooker

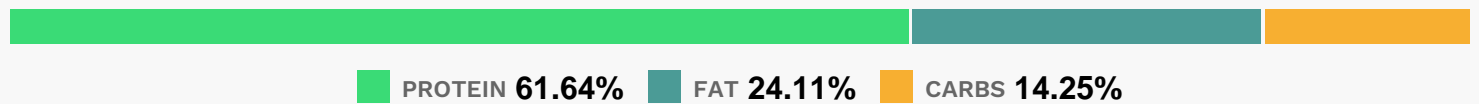
Directions

In a slow cooker, mix together the soup, onion, parsley, wine, garlic powder, milk, and mushroom pieces. Season with salt and pepper.

Place chicken in the slow cooker, covering with the soup mixture.

Cook on Low setting for 5 to 6 hours, or on High setting for 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:14.984347952449%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 201.08kcal (10.05%), Fat: 4.98g (7.66%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 6.05g (2.2%), Sugar: 1.35g (1.5%), Cholesterol: 76.58mg (25.53%), Sodium: 869.13mg (37.79%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 28.65g (57.3%), Vitamin B3: 13.53mg (67.66%), Selenium: 38.99µg (55.7%), Vitamin B6: 0.94mg (46.96%), Phosphorus: 294.88mg (29.49%), Vitamin B5: 2.22mg (22.19%), Potassium: 643.46mg (18.38%), Vitamin B2: 0.28mg (16.6%), Manganese: 0.3mg (14.92%), Copper: 0.28mg (14.01%), Zinc: 1.71mg (11.37%), Magnesium: 40.6mg (10.15%), Vitamin B1: 0.12mg (8.03%), Iron: 1.17mg (6.5%), Vitamin B12: 0.38µg (6.32%), Folate: 17µg (4.25%), Vitamin C: 2.91mg (3.53%), Fiber: 0.57g (2.29%), Calcium: 19.23mg (1.92%), Vitamin E: 0.23mg (1.5%), Vitamin D: 0.21µg (1.41%)