



## Slow Cooker Creamy Chicken and Potato Stew

 Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz baby carrots chopped ()
- 1 lb chicken breast chopped ()
- 4 oz chives chopped ()
- 16 oz philadelphia cream cheese
- 3 cans cream of chicken soup
- 1 small onion diced ()
- 2 potatoes chopped ()

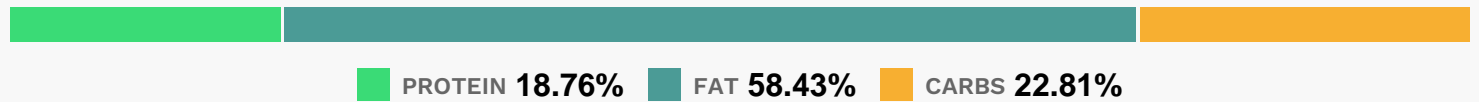
### Equipment

slow cooker

## Directions

- ADD the chopped potatoes to the bottom of your slow cooker.
- Add chopped carrot, chopped chicken, diced onions and chopped onion.
- Add the 3 cans of cream of chicken soup on top.
- COOK on low setting for 5 hours.
- REMOVE lid, stir then add your PHILADELPHIA Cream Cheese.
- Let cook another hour on low then stir again.

## Nutrition Facts



## Properties

Glycemic Index:37.63, Glycemic Load:15.3, Inflammation Score:-10, Nutrition Score:25.415217150813%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

## Nutrients (% of daily need)

Calories: 566.26kcal (28.31%), Fat: 37.03g (56.96%), Saturated Fat: 18.35g (114.67%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 29.19g (10.62%), Sugar: 6.86g (7.63%), Cholesterol: 136.94mg (45.65%), Sodium: 1430.4mg (62.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.5%), Vitamin A: 7352.41IU (147.05%), Vitamin K: 53.2µg (50.66%), Selenium: 34.37µg (49.1%), Vitamin B3: 9.65mg (48.23%), Vitamin B6: 0.9mg (44.89%), Phosphorus: 352.32mg (35.23%), Vitamin C: 27.87mg (33.79%), Potassium: 915.7mg (26.16%), Vitamin B2: 0.38mg (22.4%), Vitamin B5: 2.24mg (22.38%), Copper: 0.38mg (18.9%), Manganese: 0.37mg (18.73%), Iron: 3.2mg (17.76%), Magnesium: 61.77mg (15.44%), Folate: 56.51µg (14.13%), Calcium: 139.15mg (13.91%), Fiber: 3.33g (13.32%), Vitamin B1: 0.17mg (11.59%), Vitamin E: 1.67mg (11.11%), Zinc: 1.65mg (11.03%), Vitamin B12: 0.32µg (5.29%)