



Slow Cooker Dump and Go Cheesy Chicken

 Gluten Free

READY IN



365 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 22 ounce condensed cream of cheddar cheese soup canned
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup milk
- ☐ 6 servings salt and pepper to taste
- ☐ 6 chicken breast halves boneless skinless

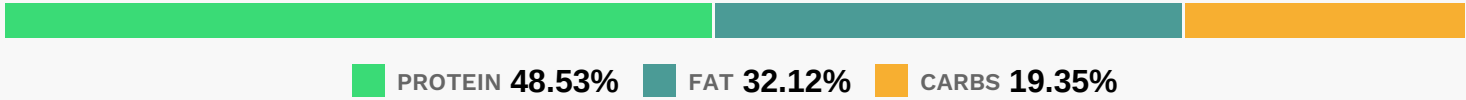
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray slow cooker with cooking spray.
- ☐ Place chicken breasts inside. In a medium bowl mix together soup and milk, and pour mixture over chicken. Season with salt and pepper to taste and garlic powder.
- ☐ Cook on High for about 6 hours. Note: Do not lift lid while cooking!

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:12.553043517082%

Nutrients (% of daily need)

Calories: 226.87kcal (11.34%), Fat: 7.77g (11.95%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 9.66g (3.51%), Sugar: 2.66g (2.96%), Cholesterol: 78.92mg (26.31%), Sodium: 877.59mg (38.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.83%), Vitamin B3: 11.81mg (59.06%), Selenium: 36.67µg (52.38%), Vitamin B6: 0.87mg (43.35%), Potassium: 924.45mg (26.41%), Phosphorus: 259.91mg (25.99%), Vitamin B5: 1.69mg (16.9%), Vitamin A: 485.75IU (9.72%), Vitamin B2: 0.14mg (8.34%), Magnesium: 32.21mg (8.05%), Calcium: 64.44mg (6.44%), Vitamin B1: 0.09mg (5.73%), Vitamin B12: 0.34µg (5.6%), Zinc: 0.75mg (5.03%), Fiber: 0.88g (3.51%), Iron: 0.45mg (2.49%), Vitamin D: 0.34µg (2.24%), Copper: 0.03mg (1.68%), Vitamin C: 1.36mg (1.65%), Vitamin E: 0.23mg (1.52%), Folate: 4.76µg (1.19%), Manganese: 0.02mg (1.16%)