



## Slow Cooker Ranch Chicken

 Gluten Free

READY IN



185 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 large chicken breast
- 8 oz cream cheese
- 2 cups chicken broth
- 3 tbsp ranch seasoning

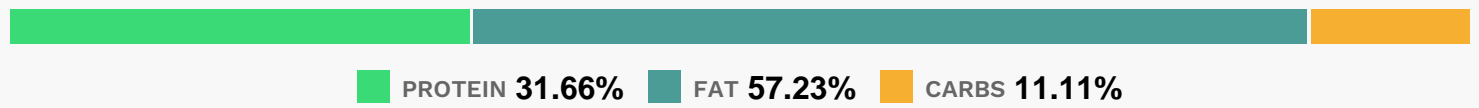
### Equipment

- slow cooker

## Directions

- Add two cups of chicken broth to the bottom of the slow cooker.
- Place chicken breasts in the bottom of the Crock Pot.
- Cook on high for 3 hours.
- Remove chicken breasts and shred.
- Place back into the slow cooker.
- Add cream cheese and mix until creamy.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:9.2547826086957%

## Taste

Sweetness: 11.15%, Saltiness: 100%, Sourness: 28%, Bitterness: 20.91%, Savoriness: 58.51%, Fattiness: 57.6%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 243.73kcal (12.19%), Fat: 15.12g (23.26%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.6g (2.4%), Sugar: 1.76g (1.95%), Cholesterol: 87.96mg (29.32%), Sodium: 1059.19mg (46.05%), Protein: 18.82g (37.64%), Vitamin B3: 8.06mg (40.32%), Selenium: 27.67µg (39.53%), Vitamin B6: 0.59mg (29.27%), Phosphorus: 201.78mg (20.18%), Vitamin B5: 1.3mg (12.96%), Vitamin B2: 0.21mg (12.26%), Vitamin A: 531.81IU (10.64%), Potassium: 342.73mg (9.79%), Magnesium: 23.77mg (5.94%), Vitamin B1: 0.07mg (4.89%), Zinc: 0.68mg (4.54%), Calcium: 43.57mg (4.36%), Vitamin B12: 0.25µg (4.16%), Vitamin E: 0.5mg (3.33%), Manganese: 0.05mg (2.57%), Iron: 0.38mg (2.08%), Copper: 0.04mg (1.94%), Folate: 6.42µg (1.6%), Vitamin C: 0.9mg (1.1%)