



## Slow-Cooker Smothered Chicken with Bacon & Onions

READY IN



290 min.

SERVINGS



50

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese spread
- 4 cups extra wide egg noodles uncooked
- 1.3 cups chicken broth fat-free reduced-sodium
- 0.3 cup flour
- 2 Tbsp parsley fresh chopped
- 0.5 tsp garlic powder
- 2 Tbsp milk
- 2 onions sliced

- 0.5 tsp pepper
- 2.5 lb chicken thighs bone-in skinless
- 8 slices oscar mayer center cut bacon cut into 1-inch pieces

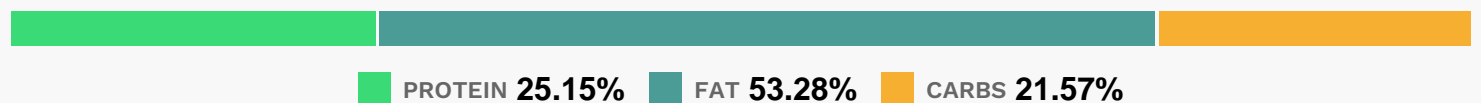
## Equipment

- frying pan
- paper towels
- whisk
- slotted spoon
- slow cooker

## Directions

- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels.
- Drain all but 2 Tbsp. drippings from skillet.
- Add onions to reserved drippings; cook 15 to 18 min. or until golden brown, stirring occasionally and adding flour, pepper and half the bacon to skillet for the last minute.
- Whisk in broth until blended. (Onion mixture will be thick.)
- Add chicken to slow cooker; cover with onion mixture. Cook on LOW 4 to 5 hours (or on HIGH 2 to 3 hours). About 15 min. before ready to serve, cook noodles as directed on package, omitting salt.
- Drain noodles; place on platter. Top with chicken, reserving onion mixture in slow cooker.
- Mix cream cheese spread, milk and garlic powder until blended.
- Add to onion mixture; mix well. Spoon over chicken; top with parsley and remaining bacon.

## Nutrition Facts



## Properties

Glycemic Index:5.06, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:2.3326086518557%

## Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 68.72kcal (3.44%), Fat: 4.01g (6.16%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.44g (1.25%), Sugar: 0.43g (0.47%), Cholesterol: 22.17mg (7.39%), Sodium: 95.67mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Selenium: 7.08µg (10.11%), Vitamin B3: 1.14mg (5.72%), Vitamin B6: 0.09mg (4.5%), Phosphorus: 44.72mg (4.47%), Vitamin B1: 0.04mg (2.86%), Vitamin K: 2.96µg (2.82%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.14µg (2.32%), Vitamin B2: 0.04mg (2.3%), Manganese: 0.04mg (2.2%), Potassium: 63.56mg (1.82%), Magnesium: 6.47mg (1.62%), Iron: 0.26mg (1.44%), Vitamin A: 64.35IU (1.29%), Copper: 0.02mg (1.19%), Calcium: 10.44mg (1.04%), Folate: 4.09µg (1.02%)