

# Super Easy Slow Cooker Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**195 min.**

SERVINGS



**4**

CALORIES



**274 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 ounce cream of chicken soup low fat canned
- 4 ounce mushrooms drained canned
- 0.5 onion red chopped
- 1.5 pounds chicken breast halves boneless skinless cut into strips

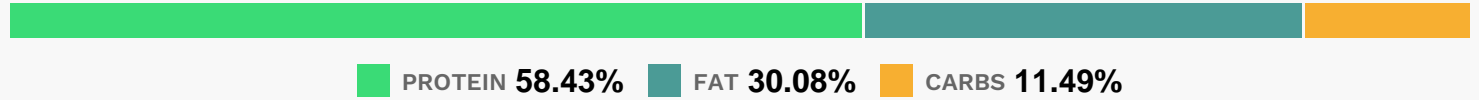
## Equipment

- slow cooker

## Directions

- Combine soup, mushroom pieces, onion, chicken, and wine in slow cooker.
- Cook on Low setting for 2 1/2 to 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:2.83, Inflammation Score:-4, Nutrition Score:19.468260993128%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 274.22kcal (13.71%), Fat: 8.91g (13.71%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.15g (2.6%), Sugar: 1.56g (1.73%), Cholesterol: 114.96mg (38.32%), Sodium: 734.13mg (31.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.95g (77.9%), Vitamin B3: 19.08mg (95.4%), Selenium: 58.58µg (83.69%), Vitamin B6: 1.32mg (66%), Phosphorus: 409.19mg (40.92%), Vitamin B5: 3.01mg (30.11%), Potassium: 776.92mg (22.2%), Vitamin B2: 0.32mg (18.99%), Magnesium: 51.2mg (12.8%), Copper: 0.24mg (11.95%), Vitamin B1: 0.15mg (9.87%), Zinc: 1.38mg (9.19%), Iron: 1.61mg (8.93%), Vitamin B12: 0.35µg (5.86%), Manganese: 0.11mg (5.42%), Vitamin E: 0.74mg (4.93%), Vitamin C: 3.73mg (4.52%), Folate: 15.76µg (3.94%), Vitamin A: 189.97IU (3.8%), Vitamin K: 3.52µg (3.35%), Calcium: 23.18mg (2.32%), Fiber: 0.52g (2.07%), Vitamin D: 0.23µg (1.51%)