

Chicken Curry Over Rice (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 4

3 large skinless boneless chicken breast halves
1/2 cup chicken broth
1 can (10 ounce) cream of chicken soup
1 onion, coarsely chopped
1 sweet red bell pepper, julienned
1/4 cup golden raisins
1 1/2 teaspoons curry powder
1/4 teaspoon ground ginger

Slow Cooker: 4 hours

Spray a five to six quart slow cooker with nonstick cooking spray.

Cut the chicken into thin strips. Place in the slow cooker.

In a bowl, combine the broth, soup, onion, bell pepper, raisins, curry powder and ginger. Mix well. Pour over the chicken.

Cover and cook on LOW for three to four hours.

Serve over hot, cooked rice.

Per Serving (excluding unknown items): 176 Calories; 3g Fat (17.1% calories from fat); 23g Protein; 14g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 402mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	176
% Calories from Fat:	17.1%
% Calories from Carbohydrates:	31.0%
% Calories from Protein:	51.9%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	54mg
	14g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	11mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

Carbohydrate (g):		Grain (Starch):	0
Dietary Fiber (g):	1g	Lean Meat:	3
Protein (g):	23g	Vegetable:	1/2
Sodium (mg):	402mg	Fruit:	1/2
Potassium (mg):	407mg	Non-Fat Milk:	0
Calcium (mg):	34mg	Fat:	1/2
Iron (mg):	1mg	Other Carbohydrates:	0
Zinc (mg):	1mg		
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	178IU		
Vitamin A (r.e.):	22 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 176 **Calories from Fat:** 30

% Daily Values*

Total Fat 3g	5%
Saturated Fat 1g	4%
Cholesterol 54mg	18%
Sodium 402mg	17%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	5%
Protein 23g	
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Vitamin A	4%
Vitamin C	6%
Calcium	3%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.