

Chicken Dinner (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 6

1 cup rice
1 tablespoon chicken seasoning
1 packet (1 ounce) dry onion soup mix
1 green bell pepper, seeded and chopped
1 jar (4 ounce) diced pimientos, drained
3/4 teaspoon dried basil
1 can (14 ounce) chicken broth
1 can (10 ounce) cream of chicken soup
5 to 6 boneless/ skinless chicken breast

Slow Cooker: 7 hours

Spray a slow cooker with nonstick cooking spray.

In a bowl, combine the rice, chicken seasoning, onion soup mix, bell pepper, pimientos, basil, broth, 1/2 cup of water and the chicken soup. Mix well.

Place the chicken breasts in the slow cooker. Cover with the rice mixture.

Per Serving (excluding unknown items): 144 Calories; 2g Fat (10.8% calories from fat); 4g Protein; 28g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 293mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	144	Vitamin B6 (mg):	.1mg
% Calories from Fat:	10.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	78.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	10.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	n n%

Carbohydrate (g):	28g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	293mg
Potassium (mg):	126mg
Calcium (mg):	22mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	18mg
Vitamin A (i.u.):	236IU
Vitamin A (r.e.):	23 1/2RE

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 144 Calories from Fat: 16

% Daily Values*

Total Fat 2g	3%
Saturated Fat trace	2%
Cholesterol 2mg	1%
Sodium 293mg	12%
Total Carbohydrates 28g	9%
Dietary Fiber 1g	3%
Protein 4g	
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Vitamin A	5%
Vitamin C	30%
Calcium	2%
Iron	9%

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