

# Creamy Chicken Risotto

*Best Slow Cooker Recipes  
Pillsbury Classic Cookbooks #370*

## Servings: 4

*1 1/4 pounds boneless/skinless chicken breasts, cut into 3/4-inch cubes*

*1 medium (1/2 cup) onion, finely chopped*

*1/2 cup carrot, shredded*

*1 clove garlic, finely chopped*

*2 cups water*

*2 cups uncooked instant white rice*

*2 tablespoons butter or margarine*

*1 can (10-3/4 ounce) condensed cream of chicken soup*

*1/2 cup Parmesan cheese, grated*

## Preparation Time: 15 minutes

Spray a three- to four-quart slow cooker with cooking spray.

In the slow cooker, mix the chicken, onion, carrot, garlic and water.

Cover and cook on LOW heat setting for six to seven hours.

Stir the rice and butter into the chicken mixture. Increase the heat setting to HIGH.

Cover and cook for 5 minutes or until the rice is tender. Stir in the soup and cheese.

Cover and cook for 10 to 15 minutes longer or until thoroughly heated.

Serve immediately.

Start to Finish Time: 6 hours 30 minutes

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Per Serving (excluding unknown items): 173 Calories; 12g Fat (64.2% calories from fat); 6g Protein; 9g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 748mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 2 Fat.

Chicken, Slow Cooker

## Per Serving Nutritional Analysis

|                                       |       |                           |       |
|---------------------------------------|-------|---------------------------|-------|
| <b>Calories (kcal):</b>               | 173   | <b>Vitamin B6 (mg):</b>   | .1mg  |
| <b>% Calories from Fat:</b>           | 64.2% | <b>Vitamin B12 (mcg):</b> | .2mcg |
| <b>% Calories from Carbohydrates:</b> | 21.1% | <b>Thiamin B1 (mg):</b>   | trace |

|                                 |        |
|---------------------------------|--------|
| <b>% Calories from Protein:</b> | 14.7%  |
| <b>Total Fat (g):</b>           | 12g    |
| <b>Saturated Fat (g):</b>       | 7g     |
| <b>Monounsaturated Fat (g):</b> | 4g     |
| <b>Polyunsaturated Fat (g):</b> | 1g     |
| <b>Cholesterol (mg):</b>        | 28mg   |
| <b>Carbohydrate (g):</b>        | 9g     |
| <b>Dietary Fiber (g):</b>       | 1g     |
| <b>Protein (g):</b>             | 6g     |
| <b>Sodium (mg):</b>             | 748mg  |
| <b>Potassium (mg):</b>          | 155mg  |
| <b>Calcium (mg):</b>            | 170mg  |
| <b>Iron (mg):</b>               | 1mg    |
| <b>Zinc (mg):</b>               | 1mg    |
| <b>Vitamin C (mg):</b>          | 4mg    |
| <b>Vitamin A (i.u.):</b>        | 5087IU |
| <b>Vitamin A (r.e.):</b>        | 555RE  |

|                            |      |
|----------------------------|------|
| <b>Riboflavin B2 (mg):</b> | .1mg |
| <b>Folacin (mcg):</b>      | 9mcg |
| <b>Niacin (mg):</b>        | 1mg  |
| <b>Caffeine (mg):</b>      | 0mg  |
| <b>Alcohol (kcal):</b>     | 0    |
| <b>% Refuse:</b>           | n.n% |

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 173 **Calories from Fat:** 111

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#### % Daily Values\*

|                               |      |
|-------------------------------|------|
| <b>Total Fat</b> 12g          | 19%  |
| Saturated Fat 7g              | 33%  |
| <b>Cholesterol</b> 28mg       | 9%   |
| <b>Sodium</b> 748mg           | 31%  |
| <b>Total Carbohydrates</b> 9g | 3%   |
| Dietary Fiber 1g              | 4%   |
| <b>Protein</b> 6g             |      |
| <hr/>                         |      |
| <b>Vitamin A</b>              | 102% |
| <b>Vitamin C</b>              | 6%   |
| <b>Calcium</b>                | 17%  |
| <b>Iron</b>                   | 3%   |

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