

# Creamy Chicken and Potatoes (Slow Cooker)

Barbara Jones  
Easy Slow Cooker Cookbook

## Servings: 4

4 boneless/ skinless chicken breast halves  
2 teaspoons chicken seasoning  
8 to 10 small new potatoes with peels  
1 can (10 ounce) cream of chicken soup  
1 carton (8 ounce) sour cream  
black pepper (to taste)

## Slow Cooker: 6 hours

Place the chicken breast halves, sprinkled with the chicken seasoning, in the slow cooker.

Arrange the new potatoes around the chicken.

In a bowl, combine the soup, sour cream and a good amount of black pepper. Spoon over the chicken breasts.

Cover and cook on LOW for four to six hours.

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Per Serving (excluding unknown items): 152 Calories; 14g Fat (80.8% calories from fat); 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 277mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 3 Fat.

Chicken, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	152	Vitamin B6 (mg):	trace
% Calories from Fat:	80.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	12.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	7mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	28mg	% Refuse:	0.0%
Carbohydrate (g):	5g		

## Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 277mg  
**Potassium (mg):** 105mg  
**Calcium (mg):** 75mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 595IU  
**Vitamin A (r.e.):** 150 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 152 Calories from Fat: 123

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#### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	8g	40%
<b>Cholesterol</b>	28mg	9%
<b>Sodium</b>	277mg	12%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	trace	0%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	12%
<b>Vitamin C</b>	1%
<b>Calcium</b>	8%
<b>Iron</b>	1%

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