Slow Cooker Golden Chicken

With Noodles

Prep Time: 10 Mins Total Time: 7 hrs Serves:8

Ingredients:

1. 2 ½ lbs. chicken breast
2. ½ cup water
3. Condensed Cream of Chicken Soup
4. 1 ½ teaspoons garlic powder
5. ½ package of egg noodles. (cooked and drained separately)
6. 1 tablespoon parsley

How to Make It:

1. Stir in soup, water, garlic powder, and parsley in slow cooker. Add the chicken and turn to coat.
2. Cover and cook on LOW for 7-8 hours. Serve with the noodles.

-Can be cooked on HIGH for 4-5 hours.

Nutrition:

Cream of Chicken Soup:

Calories: 396

Cholestorol:125 mg

Protein: 41.9g

Chicken Breasts:

Calories: 165

Cholesterol: 85mg

Protein: 31g

Egg Noodles:

Calories: 200

Cholesterol: 0mg

Protein: 7g

What does this mean?

* Chicken has less saturated fat than red meats
* Chicken is low in calories and high in protein- ideal for weight maintenance
* Chicken contains essential nutrients and vitamins
* Cream of Chicken Soup can help relieve congestion and coat a sore throat.
* Cream of Chicken Soup is heart healthy, low in saturated fat, trans fat, and cholesterol.
* Egg noodles have eggs in the ingredients, and are low in fat.
* Egg noodles have a high amount of carbs, the recommended daily intake is 130 grams per day.