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## Chicken ala King

### Ingredients:

- 1 (10¾ -ounce) can condensed cream of chicken soup, undiluted
- 3 Tablespoon flour
- ¼ teaspoon pepper
- 2 large skinless chicken breast, cut into cubes
- 2/3 cup water
- 2 1/3 cups mixed vegetables, frozen

*Makes 4 servings - 23% calories from fat*

### Instructions:

1. In a slow cooker, combine soup, flour and pepper. Blend until smooth. Stir in chicken.
2. Cover and cook on low for 6 hours.
3. In pan on stove top bring 2/3 cup water to a boil. Add frozen vegetables, bring to a second boil. Reduce heat, cover and simmer until tender, approximately 10-12 minutes; drain.
4. Stir prepared vegetables into crock pot mixture, serve.

### Serving Suggestions:

- Serve over brown rice, whole grain pasta, toast or biscuits.

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 670mg</b>	<b>28%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein 24g</b>	
Vitamin A 20%	• Vitamin C 6%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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