



EZ CROCK POT RANCH CHICKEN

 6 portions

INGREDIENTS

- 24 ounces of raw chicken breast [672 g]
- 4 large units [7-1/4" to 8-/1/2" long] of carrots, raw [288 g]
- 3 cups of soup, chicken broth, ready-to-serve [747 g]
- 1-2 envelopes dry ranch seasoning
- 4 small units [1-3/4" to 2-1/4" dia] of potatoes, red, flesh and skin, raw [680 g]

COOKING METHOD

- 1^o Layer ingredient in crockpot with chicken on the bottom, add veggies and enough broth to cover all ingredients. Sprinkle ranch packet contents in broth. Cook on high 3-4 hours or low 6-7 hours until chicken reaches internal temp of 165 using meat thermometer. 1 serving = 4 ounces chicken + 1 cup potato carrot mixture

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [415 g]	% DRI
ENERGY	58 kcal	241 kcal	12 %
FAT	1 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	20 mg	84 mg	28 %
SODIUM	137 mg	566 mg	24 %
CARBOHYDRATE	6 g	23 g	8 %
SUGARS	1 g	4 g	—
FIBER	1 g	3 g	13 %
PROTEIN	7 g	29 g	—