

Crockpot Parmesan Chicken

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mccormick-italian-parmesan-chicken-recipe>

Ingredients:

- 4 boneless skinless chicken breasts
- 4 tablespoons olive oil
- 6 tablespoons dry white wine
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 garlic cloves minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried parsley
- 1/4 cup grated Parmesan cheese finely, + 2 tablespoons
- 1 cup whole wheat orzo uncooked
- 3/4 cup vegetables your choice

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 65 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 440 milligrams

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