



## Chicken in a Pot

### Ingredients

- 2 carrots, sliced
- 2 onions, sliced
- 2 celery stalks with leaves, cut in 1 inch pieces
- 1 - 3 pound whole chicken, cut into pieces, skin removed
- 2 teaspoon salt
- ½ teaspoon pepper
- ½ cup water
- ¾ teaspoon basil

Makes 9 servings

### Instructions

1. Put carrots, onion and celery in bottom of crock-pot. Add chicken. Top with salt, pepper, and liquid.
2. Sprinkle basil over top.
3. Cover and cook on low 8 to 10 hours or on high for 3 ½ to 5 hours, using 1 cup water.
4. Remove chicken and vegetables, with spatula.

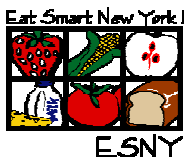
### Nutrition Facts

Serving Size 1 cup	
Servings Per Container 9	
<b>Amount Per Serving</b>	
<b>Calories 200</b>	<b>Calories from Fat 45</b>
<b>% Daily Value*</b>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 105mg</b>	<b>35%</b>
<b>Sodium 660mg</b>	<b>28%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 33g</b>	
Vitamin A 60%	• Vitamin C 10%
Calcium 4%	• Iron 8%
*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    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

23% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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