



Slow-Cooker Garlic Parm Chicken



1/6th of recipe (about 3/4 cup): 224 calories, 8.5g total fat (4g sat fat), 535mg sodium, 5g carbs, 0.5g fiber, 2.5g sugars, 30g protein

Freestyle™ SmartPoints® value 3*

Prep: 5 minutes **Cook:** 3 - 4 hours or 7 - 8 hours

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

- 1 1/2 lbs. raw boneless skinless chicken breast
- 1/4 tsp. each salt and black pepper
- 1 1/2 cups chicken broth
- 1 cup chopped onion
- 1 tbsp. chopped garlic
- 1/2 cup light/reduced-fat cream cheese (room temperature)
- 1/4 cup grated Parmesan cheese
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder

Directions

Place chicken in a slow cooker, and season with salt and pepper. Add broth, onion, and garlic.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is fully cooked.

Meanwhile, place cream cheese in a large bowl. Stir until smooth. Add remaining ingredients, and mix until uniform.

Transfer chicken to a cutting board, and roughly chop. Add to the bowl.

Using a slotted spoon, transfer onion to the bowl. (Save the leftover broth for another time... It's delicious!)

Mix well.

MAKES 6 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.