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Description

Tender, fall-apart chicken breasts slow-cooked in a velvety garlic parmesan cream sauce studded with tangy sun-dried tomatoes and wilted baby spinach make this Crockpot Tuscan Chicken an effortless weeknight favorite. The rich Italian herbs coat every bite in savory warmth while keeping the dish naturally high-protein and low-carb. It delivers restaurant-quality comfort with minimal hands-on prep, letting your slow cooker do all the heavy lifting while you focus on your day.

Can This Crockpot Tuscan Chicken Support Weight Loss Goals?

Yes, this dish fits smoothly into a calorie-controlled weight loss approach because its high protein content promotes lasting satiety and helps reduce late-night cravings. Protein also requires more energy to digest than fats or carbohydrates, giving your metabolism a slight boost while preserving lean muscle mass during a calorie deficit. Pairing lean chicken breast with nutrient-dense spinach adds volume to your plate without excess starches or added sugars.

Does Crockpot Tuscan Chicken Fit a High-Protein Lifestyle?

This Crockpot Tuscan Chicken is an ideal centerpiece for a high-protein lifestyle, delivering roughly 42 grams of protein per serving from lean chicken breasts, parmesan cheese, and cream cheese. Because it skips flour, pasta, and sugary thickeners, each serving stays at just 5 grams of net carbs while utilizing whole-food ingredients like spinach, garlic, and sun-dried tomatoes. You can easily scale up the chicken portion or pair it with roasted low-carb vegetables to hit ambitious daily macro targets without feeling deprived.

My Personal Experience

- The sauce thickens beautifully at the very end: Stirring in the cream cheese and parmesan during the final 20 minutes prevents curdling and creates a glossy, velvety texture. It clings right to the chicken instead of turning watery in the slow cooker.

- Sun-dried tomatoes pack massive flavor: Using oil-packed sun-dried tomatoes adds a bright, tangy punch that cuts right through the richness of the cream sauce. Even a small handful transforms simple chicken breasts into something memorable.

- Hands-off prep saves busy evenings: Tossing the seasoned chicken, broth, and aromatics into the pot takes under ten minutes before work. Walking into a kitchen that smells like garlic and Italian herbs makes dinner feel effortless.

- Leftovers taste even better the next day: Allowing the chicken to rest in the garlicky cream sauce overnight deepens the herb flavors. Reheating a portion for lunch feels like eating a brand-new meal rather than dry meal prep.

Perfect For

- High-Protein, Low-Carb Dinners: Delivers 42g of protein and only 5g of net carbs to keep you full without heavy starches.

- Keto Diet Plans: Rich, satisfying fats from cream and parmesan pair seamlessly with lean poultry for ketogenic macros.

- Weekly Meal Prep Lunches: Holds its moisture well in airtight containers for quick,

reheat-and-eat workday meals.

- Family-Friendly Weeknights: Mild, creamy garlic flavors appeal to picky eaters while easily pairing with pasta for kids or zucchini noodles for adults.

Why You'll Love This Recipe

- Unbelievably tender chicken: Slow cooking in chicken broth and aromatics gently breaks down the fibers so the chicken slices with a fork. You never have to worry about dry or rubbery chicken breasts.

- Minimal cleanup required: Everything simmers together in a single slow cooker insert from start to finish. You get a rich pan-style cream sauce without standing over a hot stove or washing multiple skillets.

- Balanced richness and brightness: Heavy cream and parmesan create a luxurious base, while fresh spinach and sun-dried tomatoes keep every bite vibrant. The contrast prevents the dish from feeling overly heavy.

- Flexible serving options: Spoon the extra sauce over cauliflower rice, steamed broccoli, or spaghetti squash depending on your goals. It adapts effortlessly to whatever side dishes you have on hand.

Common Mistakes to Avoid

- Overcooking the chicken on High: Cooking chicken breasts too long on the High setting dries out the meat and makes it stringy; stick to the Low setting for the juiciest results.

- Adding dairy at the beginning: Putting heavy cream, cream cheese, or parmesan in at the start causes the dairy to separate and curdle over hours of heat.

- Forgetting to drain the sun-dried tomatoes: Dumping all the packing oil from the jar into the crockpot can make the finished sauce overly greasy and heavy.

- Wilting the spinach too early: Adding fresh spinach hours ahead turns it mushy and dark;

stir it in during the last 10 minutes so it stays bright green.

Required Equipment

- 6-Quart Slow Cooker (Crockpot) — provides even, gentle heat distribution so chicken breasts cook through without drying out.
- Cutting Board and Chef’s Knife — allows clean, safe slicing of chicken, garlic, and sun-dried tomatoes for uniform cooking.
- Measuring Cups and Spoons — ensures accurate dairy and liquid ratios so the cream sauce thickens to the right consistency.
- Whisk or Silicone Spatula — helps smoothly blend softened cream cheese and parmesan into the warm broth without lumps.

Storage Instructions

Store cooled leftovers in shallow, airtight glass or BPA-free containers in the refrigerator for up to 4 days to preserve moisture and protein quality. For longer storage, transfer portions into freezer-safe containers or heavy-duty freezer bags with excess air pressed out, and freeze for up to 2 months. Thaw frozen portions overnight in the fridge before reheating gently so the cream sauce stays smooth.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 3 hours 30 minutes
- Total Time: 3 hours 40 minutes
- Servings: 4 servings

- Best Season for This Recipe: All-season (cozy enough for winter yet quick and hands-off enough for hot summer days without heating up the kitchen)
- Total Calories (Per Serving): Approximately 415 kcal (approximate estimate)

Recipe Card Description

Juicy chicken breasts slow-cooked to perfection in a rich garlic parmesan cream sauce with tangy sun-dried tomatoes and fresh baby spinach. This effortless one-pot meal delivers bold Italian flavors with 42 grams of protein and just 5 grams of net carbs per serving.

 Ingredients

- 2 lbs (4 medium) boneless, skinless chicken breasts *(patted dry and trimmed of excess fat)*
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly cracked black pepper
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 cup low-sodium chicken broth
- 4 cloves fresh garlic, minced
- 1/2 cup oil-packed sun-dried tomatoes, drained and chopped *(pat lightly with a paper towel to remove excess oil)*
- 4 ounces full-fat cream cheese, cubed and softened to room temperature *(softening prevents lumps in the sauce)*

- 1/2 cup heavy whipping cream
- 1/2 cup freshly grated Parmesan cheese *(freshly grated melts much smoother than pre-shredded)*
- 2 cups fresh baby spinach, roughly chopped

Directions

1. Season the chicken: Pat the chicken breasts dry with paper towels, then rub both sides evenly with kosher salt, black pepper, Italian seasoning, garlic powder, and onion powder to build a flavorful crust.
2. Layer the base: Place the seasoned chicken breasts in a single layer at the bottom of a 6-quart slow cooker, then pour the chicken broth around the edges and scatter the minced garlic and chopped sun-dried tomatoes over the top.
3. Slow cook on Low: Cover with the lid and cook on Low for 3 to 3.5 hours until the chicken is fork-tender and reaches an internal temperature of 165°F (74°C); avoid overcooking so the lean protein stays juicy.
4. Temporarily remove the chicken: Carefully transfer the cooked chicken breasts to a clean plate and tent loosely with foil to lock in moisture while you finish the sauce.
5. Build the cream sauce: Add the softened cream cheese cubes, heavy whipping cream, and freshly grated Parmesan cheese into the hot broth in the slow cooker, whisking steadily until completely melted, smooth, and glossy.
6. Wilt the spinach: Fold the chopped baby spinach into the warm cream sauce and cover for 5 to 10 minutes on Warm or Low until the leaves are bright green and wilted.
7. Combine and serve: Return the chicken breasts to the slow cooker, spooning the rich Tuscan cream sauce generously over each piece, and serve immediately.

Nutrition Facts (Per Serving – Approximate)

- Calories: 415 kcal
- Fats: 22 g
- Cholesterol: 145 mg
- Sodium: 690 mg
- Potassium: 680 mg
- Total Carbohydrates: 7 g
- Fiber: 2 g
- Net Carbs: 5 g
- Sugars: 3 g
- Protein: 42 g
- Calcium: 185 mg

Notes

- Storage Tips: Keep leftovers submerged in the cream sauce inside sealed airtight containers in the fridge for up to 4 days so the chicken never dries out.
- Reheating Instructions: Reheat gently in a covered skillet over medium-low heat with a splash of chicken broth, or microwave at 50% power in 45-second intervals to prevent the cream sauce from separating.
- Allergy Notes: Contains dairy (cream cheese, heavy cream, Parmesan); for a dairy-free variation, substitute full-fat canned coconut milk and nutritional yeast, though protein

per serving will decrease slightly.

- Flavor Boosts: Stir in a pinch of crushed red pepper flakes for subtle heat or squeeze fresh lemon juice over the finished dish right before serving to brighten the creamy sauce.