



Creamy Chipotle Chicken

 Gluten Free

READY IN



375 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon adobo sauce from chipotle peppers
- ☐ 3 chipotle peppers in adobo sauce minced
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 8 ounce cream cheese cut into cubes
- ☐ 2 cloves garlic minced
- ☐ 4 servings salt and ground pepper black to taste

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4 chicken breast halves boneless skinless

Equipment

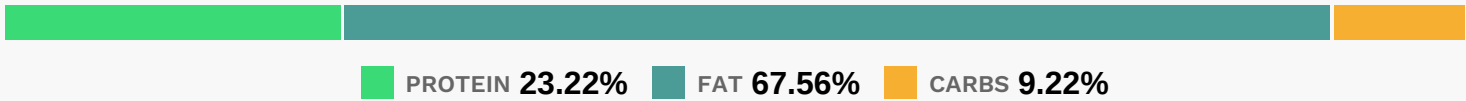
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slow cooker

Directions

- ☐
- Place the chicken breasts into a slow cooker, brush with butter, and sprinkle with salt, pepper, and minced garlic.
- ☐
- Pour in the cream of chicken soup and chicken broth, and add the cream cheese, peppers, and adobo sauce. Stir the mixture gently. Cover, set the cooker to Low, and cook for 6 hours.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:3.35, Inflammation Score:-7, Nutrition Score:16.089999903803%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 511.81kcal (25.59%), Fat: 38.41g (59.09%), Saturated Fat: 20.69g (129.29%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 10.23g (3.72%), Sugar: 3.69g (4.1%), Cholesterol: 166.77mg (55.59%), Sodium: 1044.6mg (45.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.7g (59.41%), Selenium: 42.96µg (61.37%), Vitamin B3: 12.22mg (61.09%), Vitamin B6: 0.9mg (44.87%), Phosphorus: 328.62mg (32.86%), Vitamin A: 1290.6IU (25.81%), Vitamin B5: 2.11mg (21.08%), Vitamin B2: 0.3mg (17.79%), Potassium: 546.31mg (15.61%), Vitamin E: 1.46mg (9.71%), Magnesium: 38.65mg (9.66%), Iron: 1.71mg (9.48%), Zinc: 1.21mg (8.08%), Calcium: 79.05mg (7.91%), Copper: 0.15mg (7.42%), Vitamin B1: 0.11mg (7.02%), Vitamin B12: 0.38µg (6.35%), Manganese: 0.13mg (6.32%), Fiber: 1.56g (6.23%), Vitamin K: 5.72µg (5.45%), Folate: 11.63µg (2.91%), Vitamin C: 1.9mg (2.3%)