



Crock-Pot® Chicken Chili



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



5

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce regular corn drained canned
- ☐ 16 ounce canned tomatoes diced with green chile peppers canned
- ☐ 30 ounce beans white drained canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 16 ounce salsa green (salsa verde)
- ☐ 0.3 teaspoon ground cumin
- ☐ 5 servings salt and ground pepper black to taste
- ☐ 1 onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 3 chicken breasts boneless skinless

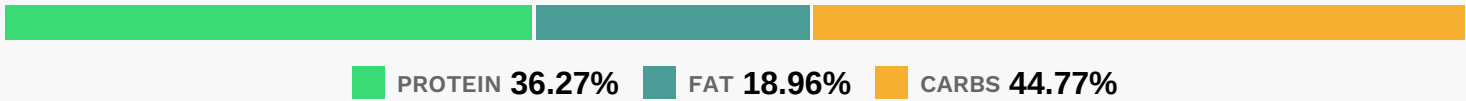
Equipment

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Mix green salsa, diced tomatoes with green chile peppers, white beans, chicken broth, corn, onion, oregano, cumin, salt, and black pepper together in a slow cooker.
- ☐ Lay chicken breasts atop the mixture.
- ☐ Cook on Low until the chicken shreds easily with 2 forks, 6 to 8 hours.
- ☐ Remove chicken to a cutting board and shred completely; return to chili in slow cooker and stir.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:9.12, Inflammation Score:-8, Nutrition Score:27.111739075702%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 559.13kcal (27.96%), Fat: 11.52g (17.72%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 61.16g (20.39%), Net Carbohydrates: 49.5g (18%), Sugar: 10.13g (11.25%), Cholesterol: 84.5mg (28.17%), Sodium: 1568.29mg (68.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.56g (99.12%), Selenium: 39.67µg (56.68%), Vitamin B3: 9.9mg (49.48%), Manganese: 0.99mg (49.25%), Fiber: 11.65g (46.61%), Phosphorus: 462.83mg (46.28%), Potassium: 1462.88mg (41.8%), Vitamin B6: 0.82mg (41.04%), Iron: 6.78mg (37.64%), Folate: 142.62µg (35.66%), Magnesium: 132.01mg (33%), Zinc: 4.62mg (30.83%), Copper: 0.49mg (24.53%), Vitamin C: 18.14mg (21.98%), Vitamin B12: 0.96µg (15.96%), Vitamin B1: 0.23mg (15.32%), Calcium: 150.29mg (15.03%), Vitamin A: 738.51IU (14.77%), Vitamin B2: 0.23mg (13.67%), Vitamin B5: 1.31mg (13.11%), Vitamin E: 1.78mg (11.87%), Vitamin K: 8.46µg

(8.06%)