



## Crock Pot Chicken Taco Meat

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



360 min.

SERVINGS



8

CALORIES



68 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup chicken broth
- 1 lb chicken breast boneless skinless
- 3 tablespoons taco seasoning

### Equipment

- slow cooker

### Directions

- Dissolve taco seasoning into chicken broth.2
- Place chicken breasts in crock pot and pour chicken broth over.3 Cover and cook on low for 6–8 hours.4 With two forks, shred the chicken meat into bite–size pieces.5 To freeze, place shredded meat into freezer bags with the juices.6 Press out all the air and seal.

## Nutrition Facts

**PROTEIN 74.89%** **FAT 21.09%** **CARBS 4.02%**

### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.6030434246944%

### Nutrients (% of daily need)

Calories: 68.16kcal (3.41%), Fat: 1.53g (2.35%), Saturated Fat: 0.33g (2.03%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.3g (0.34%), Cholesterol: 36.87mg (12.29%), Sodium: 250.39mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.45%), Vitamin B3: 5.98mg (29.89%), Selenium: 18.26µg (26.09%), Vitamin B6: 0.42mg (21.23%), Phosphorus: 120.24mg (12.02%), Vitamin B5: 0.81mg (8.11%), Potassium: 215.07mg (6.14%), Vitamin B2: 0.07mg (4.35%), Magnesium: 15.04mg (3.76%), Vitamin B1: 0.04mg (2.83%), Zinc: 0.35mg (2.33%), Vitamin A: 105.54IU (2.11%), Vitamin B12: 0.12µg (1.99%), Iron: 0.29mg (1.63%), Vitamin C: 1.1mg (1.34%), Manganese: 0.02mg (1.1%)