



Crock-Pot Chicken With Black Beans & Cream Cheese...yum!



Gluten Free



Popular

READY IN



243 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce black beans canned
- ☐ 15 ounce regular corn canned
- ☐ 4 chicken breasts boneless
- ☐ 8 ounce cream cheese
- ☐ 15 ounce salsa

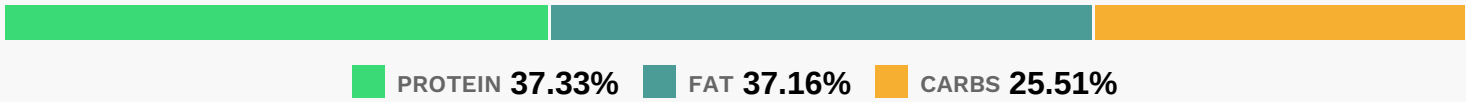
Equipment

- ☐ slow cooker

Directions

- ☐ Take 4–5 frozen, yes, frozen, boneless chicken breasts put into crock pot.2
- ☐ Add 1 can of black beans, drained, 1 jar of salsa, 1 can of corn drained.3 Keep in crock pot on high for about 4–5 hours or until chicken is cooked.4
- ☐ Add 1 package of cream cheese (just throw it on top!) and let sit for about 1/2 hour.5 All done and enjoy!

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:33.87086972983%

Nutrients (% of daily need)

Calories: 665.55kcal (33.28%), Fat: 27.4g (42.15%), Saturated Fat: 13.07g (81.7%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 32.84g (11.94%), Sugar: 6.18g (6.87%), Cholesterol: 201.91mg (67.3%), Sodium: 1732.72mg (75.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.94g (123.88%), Vitamin B3: 26.32mg (131.62%), Selenium: 79.58µg (113.69%), Vitamin B6: 1.97mg (98.6%), Phosphorus: 731.52mg (73.15%), Potassium: 1647mg (47.06%), Vitamin B5: 3.96mg (39.61%), Fiber: 9.49g (37.97%), Magnesium: 129.95mg (32.49%), Vitamin B2: 0.54mg (31.66%), Folate: 116.24µg (29.06%), Vitamin A: 1343.95IU (26.88%), Vitamin B1: 0.36mg (24.31%), Manganese: 0.48mg (23.79%), Iron: 3.67mg (20.37%), Copper: 0.38mg (19.21%), Zinc: 2.7mg (17.99%), Vitamin E: 2.21mg (14.76%), Calcium: 136.64mg (13.66%), Vitamin C: 9.51mg (11.52%), Vitamin B12: 0.58µg (9.61%), Vitamin K: 6.11µg (5.82%), Vitamin D: 0.23µg (1.51%)