



WHATSheATE



## Crockpot Chicken Santa Fe



Gluten Free



Dairy Free



Popular

READY IN



500 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 15 ounce black beans canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 4 servings cayenne pepper to taste
- ☐ 1 pound chicken breast
- ☐ 0.5 cup chicken broth
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 teaspoon cumin toasted
- ☐ 1 cup regular corn frozen

- ☐ 2 cloves garlic
- ☐ 4 green onions sliced
- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 4 servings salt and pepper to taste

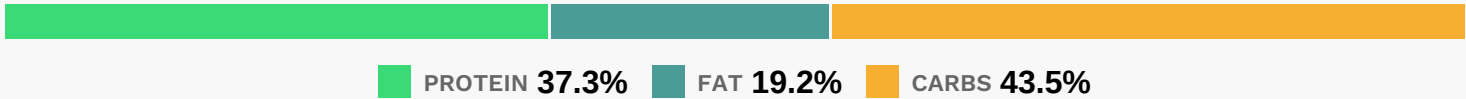
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ slow cooker

## Directions

- ☐ Heat the oil in a pan over medium-high heat.
- ☐ Add the onions and saute until tender and a bit caramelized, about 4–6 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute and transfer to the crockpot
- ☐ Add the chicken and cook until browned on both sides, about 3–4 minutes per side and set aside.
- ☐ Add the chicken broth to the pan, deglaze it and transfer to the crockpot
- ☐ Add the diced tomatoes, black beans, corn, cayenne, salt and pepper to the crockpot, stir, add the chicken and cook on low heat for 8 hours.
- ☐ Remove the chicken, shred it and return to pot.
- ☐ Serve over steamed rice, garnished with green onions and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:49, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:29.403043363405%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 358.7kcal (17.94%), Fat: 7.95g (12.22%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 28.57g (10.39%), Sugar: 6.49g (7.21%), Cholesterol: 73.16mg (24.39%), Sodium: 990.11mg (43.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.48%), Vitamin B3: 14.86mg (74.28%), Vitamin B6: 1.25mg (62.64%), Selenium: 39.39µg (56.27%), Fiber: 11.95g (47.78%), Phosphorus: 447.58mg (44.76%), Potassium: 1318.82mg (37.68%), Vitamin K: 38.07µg (36.25%), Manganese: 0.68mg (33.96%), Folate: 115.45µg (28.86%), Vitamin C: 23.58mg (28.58%), Magnesium: 112.11mg (28.03%), Iron: 4.89mg (27.17%), Vitamin A: 1295.43IU (25.91%), Vitamin B1: 0.38mg (25.49%), Copper: 0.49mg (24.7%), Vitamin B2: 0.39mg (22.95%), Vitamin B5: 2.29mg (22.88%), Vitamin E: 2.88mg (19.2%), Zinc: 2.02mg (13.45%), Calcium: 107.93mg (10.79%), Vitamin B12: 0.23µg (3.88%)