



WHATSheATE



Fiesta Chicken Pronto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz black beans drained and rinsed canned
- ☐ 10 oz cream of chicken soup canned
- ☐ 0.3 cup salsa
- ☐ 8 chicken breasts boneless skinless
- ☐ 2 tablespoons taco seasoning
- ☐ 12 taco shells
- ☐ 8 servings garnish: tomatoes diced sliced

Equipment

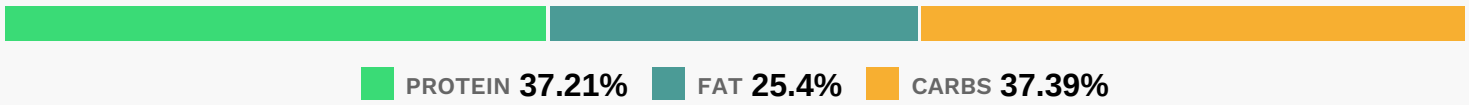
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slow cooker

Directions

- ☐ Arrange chicken in a slow cooker.
- ☐ Combine remaining ingredients except taco shells; pour over chicken. Cover and cook on high setting for 3 hours.
- ☐ Remove chicken; shred and stir back into slow cooker. Spoon into taco shells; garnish as desired.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:9.88, Inflammation Score:-9, Nutrition Score:23.733478193698%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 333.92kcal (16.7%), Fat: 9.44g (14.52%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 23.72g (8.62%), Sugar: 5.62g (6.25%), Cholesterol: 75.15mg (25.05%), Sodium: 768.62mg (33.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.11g (62.21%), Vitamin B3: 13.77mg (68.87%), Selenium: 38.51µg (55.01%), Vitamin B6: 1.07mg (53.62%), Phosphorus: 397.26mg (39.73%), Vitamin A: 1700.75IU (34.02%), Vitamin C: 28.02mg (33.96%), Potassium: 1099.24mg (31.41%), Fiber: 7.54g (30.17%), Manganese: 0.49mg (24.51%), Magnesium: 86.6mg (21.65%), Folate: 79.56µg (19.89%), Vitamin B5: 1.96mg (19.59%), Vitamin B1: 0.26mg (17.64%), Vitamin K: 17.79µg (16.94%), Copper: 0.32mg (15.83%), Iron: 2.73mg (15.16%), Vitamin B2: 0.25mg (14.62%), Zinc: 1.68mg (11.18%), Vitamin E: 1.6mg (10.68%), Calcium: 68.73mg (6.87%), Vitamin B12: 0.23µg (3.77%)