



 **10%**
HEALTH SCORE

Green Chile Chili

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

READY IN



390 min.

SERVINGS



8

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 chicken thighs
- 2 jars pepper flakes green
- 8 servings cilantro leaves
- 8 servings crema mexicana

Equipment

- slow cooker

Directions

- Place chicken thighs in a 5-qt. slow cooker.
- Add Green Chile Chili Starter over chicken; cover and cook on LOW 6 to 7 hours or until chicken is done. Skim fat.
- Serve with Mexican crema and cilantro.

Nutrition Facts

PROTEIN 60.18% **FAT 38.07%** **CARBS 1.75%**

Properties

Glycemic Index:9.63, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:13.305217229721%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 228.53kcal (11.43%), Fat: 9.31g (14.33%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.48g (0.54%), Cholesterol: 168.98mg (56.33%), Sodium: 212.87mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.12g (66.24%), Selenium: 38.31µg (54.73%), Vitamin B3: 9.47mg (47.35%), Vitamin B6: 0.76mg (37.78%), Phosphorus: 317.12mg (31.71%), Vitamin B5: 2.04mg (20.35%), Vitamin B12: 1.08µg (18.08%), Vitamin B2: 0.3mg (17.67%), Zinc: 2.58mg (17.18%), Potassium: 416.6mg (11.9%), Vitamin B1: 0.15mg (10.19%), Magnesium: 39.07mg (9.77%), Iron: 1.36mg (7.56%), Vitamin K: 5.26µg (5.01%), Copper: 0.1mg (4.77%), Calcium: 39.36mg (3.94%), Vitamin A: 117.31IU (2.35%), Vitamin E: 0.31mg (2.06%), Folate: 6.9µg (1.72%), Manganese: 0.03mg (1.4%)