



Healthier Slow Cooker Chicken Taco Soup

 **Gluten Free**

READY IN

ready

435 min.

SERVINGS

servings

8

CALORIES

calories

271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces baked tortilla chips crushed
- ☐ 15 ounce black beans canned
- ☐ 20 ounce tomatoes diced with green chilies, undrained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 1 carrots chopped
- ☐ 16 ounce chili beans sauce canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup cheddar cheese shredded reduced-fat

- ☐ 1 onion chopped
- ☐ 3 chicken breasts whole boneless skinless
- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 1.5 tablespoons taco seasoning
- ☐ 15 ounce kernel corn whole drained canned

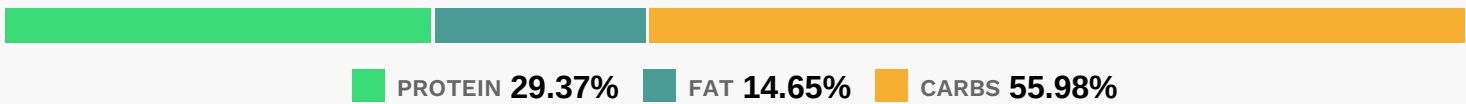
Equipment

- ☐ slow cooker

Directions

- ☐ Place onion, chili beans, black beans, chopped carrot, corn, tomato sauce, diced tomatoes, and beer in a slow cooker.
- ☐ Add taco seasoning and stir to blend.
- ☐ Lay chicken breasts on top of mixture, pressing down slightly until just covered by other ingredients. Cover and cook on Low for 5 hours.
- ☐ Remove chicken breasts from soup and allow to cool long enough to be handled. Shred chicken and stir back into soup. Continue cooking on Low for 2 hours.
- ☐ Serve with cilantro, Cheddar cheese, light sour cream, and crushed tortilla chips.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:17.875217331492%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 270.89kcal (13.54%), Fat: 4.45g (6.85%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 30.15g (10.96%), Sugar: 6.81g (7.57%), Cholesterol: 31.12mg (10.37%), Sodium: 1015.19mg (44.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.14%), Phosphorus: 345.35mg (34.53%), Vitamin B6: 0.65mg (32.57%), Vitamin A: 1624.7IU (32.49%), Fiber: 8.11g (32.43%), Vitamin B3: 6.29mg (31.44%), Potassium: 941.01mg (26.89%), Selenium: 17.67µg (25.24%), Magnesium: 84.18mg (21.04%), Folate: 79.57µg (19.89%), Iron: 3.54mg (19.66%), Copper: 0.37mg (18.74%), Vitamin B2: 0.31mg (18.21%), Vitamin C: 14.28mg (17.31%), Zinc: 2.27mg (15.12%), Manganese: 0.28mg (13.8%), Vitamin B1: 0.2mg (13.46%), Calcium: 122.03mg (12.2%), Vitamin B5: 0.93mg (9.26%), Vitamin E: 1.24mg (8.24%), Vitamin K: 5.86µg (5.59%), Vitamin B12: 0.16µg (2.59%)