



Mexican Crock-Pot Chicken

READY IN



370 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz beans red canned
- 0.8 cup chicken broth
- 6 servings corn tortillas fresh warmed soft for serving
- 0.3 cup flour
- 2 cups iceberg lettuce shredded
- 0.7 cup cup heavy whipping cream sour reduced-fat
- 4 ounces monterrey jack cheese shredded
- 1 large onion chopped
- 0.5 cup salsa green red plus more for serving

2.5 pounds chicken breast halves boneless skinless

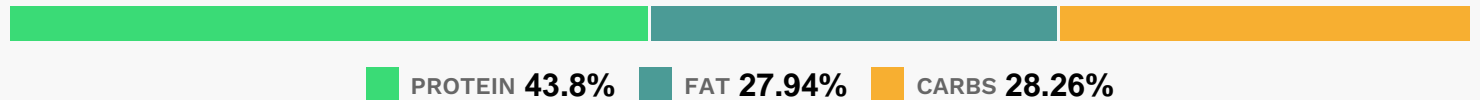
Equipment

- ladle
- whisk
- pot
- blender
- slow cooker

Directions

- Combine broth, salsa and flour in a slow cooker, whisking to blend. Stir in onion, then arrange chicken in the pot, smooth side up. Cover and cook on low for 6 hours.
- Remove chicken-breast halves to a plate. Ladle sauce from pot into a blender and puree. Stir in sour cream. Return sauce and chicken to the pot. Keep warm until ready to serve.
- Arrange chicken on plates and top with shredded cheese.
- Serve with beans, lettuce, additional salsa and tortillas.

Nutrition Facts



Properties

Glycemic Index:43.92, Glycemic Load:13.06, Inflammation Score:-7, Nutrition Score:28.423913281897%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 484.05kcal (24.2%), Fat: 14.81g (22.78%), Saturated Fat: 6.57g (41.04%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 27.41g (9.97%), Sugar: 4.55g (5.05%), Cholesterol: 147.31mg (49.1%), Sodium: 794.91mg (34.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.23g (104.45%), Vitamin B3: 21.02mg (105.1%),

Selenium: 69µg (98.57%), Vitamin B6: 1.59mg (79.62%), Phosphorus: 676.44mg (67.64%), Potassium: 1122.7mg (32.08%), Vitamin B5: 2.94mg (29.39%), Magnesium: 102.78mg (25.7%), Fiber: 6.29g (25.18%), Vitamin B2: 0.42mg (24.83%), Calcium: 240.37mg (24.04%), Manganese: 0.44mg (22.23%), Vitamin B1: 0.32mg (21.04%), Zinc: 2.72mg (18.12%), Folate: 57.92µg (14.48%), Iron: 2.55mg (14.18%), Copper: 0.24mg (11.78%), Vitamin B12: 0.65µg (10.8%), Vitamin A: 525.66IU (10.51%), Vitamin K: 9.79µg (9.32%), Vitamin C: 6.3mg (7.64%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.35µg (2.36%)