



Slow-Cooked Taco Chicken

READY IN



245 min.

SERVINGS



10

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups mexican tortilla flavor infused broth swanson®
- ☐ 10 servings salt and ground pepper black
- ☐ 10 servings lettuce shredded
- ☐ 3 medium onions diced
- ☐ 10 servings salsa and/or guacamole
- ☐ 10 servings cheddar cheese shredded
- ☐ 2.5 pounds chicken breast halves boneless skinless
- ☐ 10 servings cup heavy whipping cream sour
- ☐ 20 taco shells warmed ()

☐ 2 tablespoons tomato paste

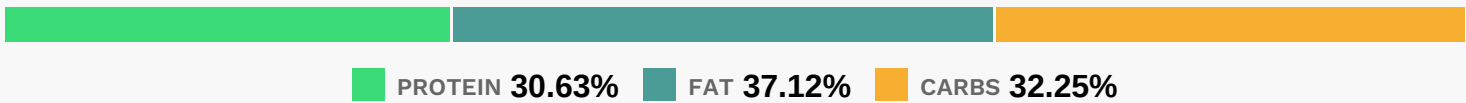
Equipment

☐ slow cooker

Directions

- ☐ Season the chicken with the salt and black pepper.
- ☐ Place the chicken into a 6-quart slow cooker.
- ☐ Add the onions and broth.
- ☐ Cover and cook on HIGH for 4 to 5 hours or until the chicken is fork-tender. Using 2 forks, shred the chicken. Stir in the tomato paste.
- ☐ Spoon about 1/3 cup chicken mixture in the center of each tortilla. Top with the lettuce, sour cream, cheese, salsa and/or guacamole, if desired. Fold the tortillas around the filling.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:11.24, Inflammation Score:-8, Nutrition Score:26.727825828221%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 499.2kcal (24.96%), Fat: 20.5g (31.53%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 35.62g (12.95%), Sugar: 7.9g (8.77%), Cholesterol: 109.65mg (36.55%), Sodium: 1206.5mg (52.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.05g (76.1%), Selenium: 59.32µg (84.74%), Vitamin B3: 15.11mg (75.56%), Phosphorus: 548.68mg (54.87%), Vitamin B6: 1.05mg (52.54%), Calcium: 351.65mg (35.17%), Vitamin B1: 0.45mg (30.02%), Vitamin B2: 0.48mg (28.33%), Vitamin K: 28.9µg (27.52%), Manganese: 0.53mg (26.51%), Folate: 101.72µg (25.43%), Potassium: 822.68mg (23.51%), Vitamin A: 1159.88IU (23.2%), Vitamin B5: 2.07mg (20.71%), Iron: 3.33mg (18.49%), Fiber: 4.46g (17.85%), Magnesium: 67.83mg (16.96%), Zinc: 2.39mg

(15.94%), Vitamin B12: 0.57µg (9.5%), Vitamin C: 7.71mg (9.35%), Copper: 0.17mg (8.7%), Vitamin E: 1.18mg (7.88%),
Vitamin D: 0.29µg (1.96%)