



Slow-Cooker Apricot Chicken Tacos

 Dairy Free

READY IN



375 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb chicken breast boneless skinless
- ☐ 10 apricot dried
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1 tablespoon sriracha
- ☐ 1 tablespoon vinegar
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup onion chopped
- ☐ 1 clove garlic chopped

- ☐ 3 tablespoons mayonnaise
- ☐ 3 tablespoons chilli sauce sweet
- ☐ 1 teaspoon juice of lime
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count
- ☐ 0.5 cup lettuce shredded
- ☐ 0.3 cup tomatoes chopped
- ☐ 4 teaspoons cilantro leaves fresh roughly chopped
- ☐ 4 small apricot dried diced
- ☐ 8 lime wedges

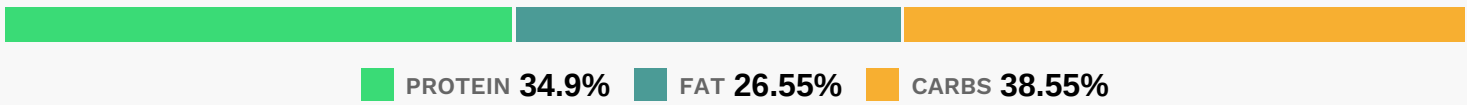
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray 6-quart slow cooker with cooking spray.
- ☐ Add Apricot Chicken ingredients to slow cooker. Cover; cook on Low heat setting 6 to 8 hours or until chicken is falling apart.
- ☐ In small bowl, mix Sweet Chili Mayo ingredients; set aside.
- ☐ Use two forks to shred chicken, and drain excess juices.
- ☐ Serve chicken in tortillas topped with lettuce, tomato, cilantro and diced apricots.
- ☐ Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:101.7, Glycemic Load:16.23, Inflammation Score:-9, Nutrition Score:32.865217203679%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 15.59mg, Hesperetin: 15.59mg, Hesperetin: 15.59mg, Hesperetin: 15.59mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 640.02kcal (32%), Fat: 18.88g (29.04%), Saturated Fat: 4.26g (26.6%), Carbohydrates: 61.67g (20.56%), Net Carbohydrates: 55.53g (20.19%), Sugar: 26.39g (29.32%), Cholesterol: 150.73mg (50.24%), Sodium: 1446.99mg (62.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.84g (111.68%), Vitamin B3: 27.46mg (137.28%), Selenium: 87.14µg (124.49%), Vitamin B6: 1.87mg (93.63%), Phosphorus: 650.28mg (65.03%), Potassium: 1398.44mg (39.96%), Vitamin B5: 3.67mg (36.66%), Vitamin B1: 0.5mg (33.14%), Vitamin B2: 0.48mg (28.28%), Manganese: 0.53mg (26.52%), Vitamin C: 21.03mg (25.49%), Vitamin K: 26.31µg (25.06%), Vitamin A: 1239.42IU (24.79%), Fiber: 6.13g (24.53%), Iron: 4.26mg (23.66%), Magnesium: 91.54mg (22.88%), Folate: 82.73µg (20.68%), Vitamin E: 2.17mg (14.5%), Copper: 0.29mg (14.26%), Calcium: 141.41mg (14.14%), Zinc: 1.96mg (13.07%), Vitamin B12: 0.48µg (7.97%), Vitamin D: 0.25µg (1.65%)