



Slow-Cooker Cheesy Mexican Chicken

 Gluten Free

READY IN



375 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast boneless skinless cut into bite-size pieces
- 1 oz taco seasoning
- 10 oz enchilada sauce red canned
- 14.5 oz canned tomatoes diced organic undrained canned
- 4 oz cheddar cheese shredded
- 0.3 cup cilantro leaves fresh chopped

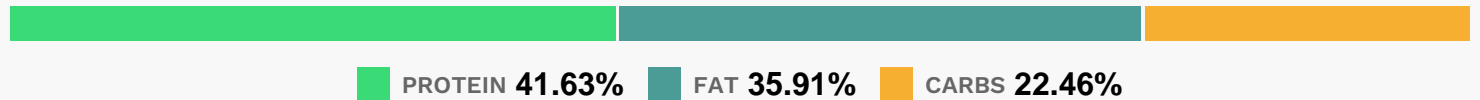
Equipment

- slow cooker

Directions

- Spray 4-quart slow cooker with cooking spray.
- Place cubed chicken in slow cooker.
- Sprinkle taco seasoning mix over chicken; stir, making sure all pieces are well coated. Stir in enchilada sauce and tomatoes. Stir once again until well combined.
- Cover; cook on Low heat setting 6 hours.
- Uncover; sprinkle cheese over chicken. Cover; cook on Low heat setting 10 minutes longer.
- Serve over rice, if desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.29, Inflammation Score:-8, Nutrition Score:21.260000296261%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 319.73kcal (15.99%), Fat: 12.87g (19.8%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 13.6g (4.94%), Sugar: 10.68g (11.87%), Cholesterol: 100.92mg (33.64%), Sodium: 1639.35mg (71.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.57g (67.14%), Vitamin B3: 13.11mg (65.55%), Selenium: 44.94µg (64.19%), Vitamin B6: 1.02mg (51.23%), Phosphorus: 401.34mg (40.13%), Vitamin A: 1744.11IU (34.88%), Calcium: 241.71mg (24.17%), Potassium: 747.72mg (21.36%), Vitamin B5: 2.02mg (20.24%), Vitamin C: 15.69mg (19.02%), Fiber: 4.52g (18.07%), Vitamin B2: 0.29mg (17.26%), Iron: 2.72mg (15.12%), Magnesium: 57.95mg (14.49%), Zinc: 1.98mg (13.2%), Vitamin E: 1.74mg (11.58%), Copper: 0.23mg (11.51%), Manganese: 0.21mg (10.61%), Vitamin B1: 0.16mg (10.57%), Vitamin K: 9.45µg (9%), Vitamin B12: 0.53µg (8.79%), Folate: 24.47µg (6.12%), Vitamin D: 0.28µg (1.89%)