



Slow-Cooker Cheesy Mexican Chicken

 Gluten Free

READY IN



375 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

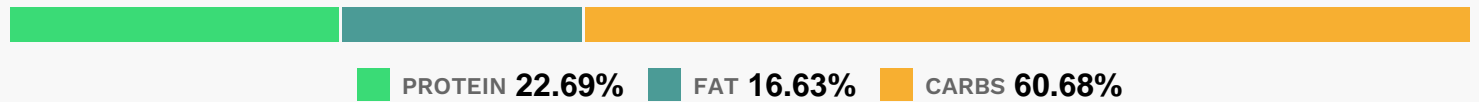
Equipment

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.
- Meanwhile, cook rice as directed on packages.
- Serve chicken over rice. Top with cilantro if desired.

Nutrition Facts



Properties

Glycemic Index:39.55, Glycemic Load:58.23, Inflammation Score:-9, Nutrition Score:29.827390696691%

Flavonoids

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

Nutrients (% of daily need)

Calories: 747.11kcal (37.36%), Fat: 13.64g (20.98%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 111.98g (37.33%), Net Carbohydrates: 105.64g (38.41%), Sugar: 11.13g (12.37%), Cholesterol: 100.92mg (33.64%), Sodium: 1779.3mg (77.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.86g (83.72%), Selenium: 62.49µg (89.27%), Vitamin B3: 14.97mg (74.84%), Manganese: 1.48mg (73.84%), Vitamin B6: 1.22mg (60.76%), Phosphorus: 535.01mg (53.5%), Vitamin A: 1900.08IU (38%), Vitamin B5: 3.2mg (32.03%), Calcium: 274.26mg (27.43%), Fiber: 6.34g (25.37%), Potassium: 881.39mg (25.18%), Copper: 0.49mg (24.3%), Magnesium: 87.01mg (21.75%), Zinc: 3.25mg (21.65%), Iron: 3.76mg (20.91%), Vitamin B2: 0.35mg (20.61%), Vitamin C: 16.44mg (19.93%), Vitamin B1: 0.24mg (15.99%), Vitamin E: 1.87mg (12.44%), Vitamin K: 9.57µg (9.11%), Vitamin B12: 0.53µg (8.79%), Folate: 33.77µg (8.44%), Vitamin D: 0.28µg (1.89%)