



Slow-Cooker Chicken and Bean Tacos

 Gluten Free

READY IN



430 min.

SERVINGS



24

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 pounds chicken thighs boneless skinless (6 thighs)
- 3 tablespoons taco seasoning (from)
- 4.5 ounces chilis green undrained chopped canned
- 8 ounces tomato sauce canned
- 1 teaspoon ground cumin
- 1 teaspoon coriander seeds crushed
- 19 ounces cannellini beans drained canned
- 9.2 ounces taco shells (12 shells each)

- 6 ounces cheddar cheese shredded
- 1.5 cups lettuce shredded
- 8 ounces cream sour (1 cup)
- 1 cup bacon

Equipment

- bowl
- slow cooker
- cutting board

Directions

- Place chicken in 3 1/2- to 4-quart slow cooker.
- Sprinkle with taco seasoning mix; top with chiles.
- Mix tomato sauce, cumin and coriander seed in medium bowl; pour over chicken. Top with beans.
- Cover and cook on low heat setting 7 to 8 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut and chicken is tender.
- Remove chicken from cooker; place on cutting board. Mash beans in cooker. Shred chicken with 2 forks; return to cooker and mix well.
- Serve chicken mixture with taco shells, cheese, lettuce, sour cream and salsa. Chicken mixture will hold on low heat setting up to 3 hours.

Nutrition Facts



PROTEIN 20.46% **FAT 52.45%** **CARBS 27.09%**

Properties

Glycemic Index:8.67, Glycemic Load:5.57, Inflammation Score:-3, Nutrition Score:7.0913043048071%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 199.32kcal (9.97%), Fat: 11.64g (17.91%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 11.34g (4.12%), Sugar: 1.06g (1.18%), Cholesterol: 41.61mg (13.87%), Sodium: 263.62mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.44%), Selenium: 10.66µg (15.23%), Phosphorus: 148.55mg (14.86%), Vitamin B3: 2.1mg (10.48%), Manganese: 0.2mg (10.21%), Vitamin B6: 0.2mg (9.85%), Calcium: 94.94mg (9.49%), Fiber: 2.19g (8.78%), Zinc: 1.23mg (8.22%), Magnesium: 32.47mg (8.12%), Iron: 1.37mg (7.59%), Potassium: 264.63mg (7.56%), Folate: 30.12µg (7.53%), Vitamin B2: 0.12mg (7.25%), Vitamin B1: 0.1mg (6.85%), Copper: 0.1mg (4.96%), Vitamin B12: 0.3µg (4.92%), Vitamin A: 241.63IU (4.83%), Vitamin B5: 0.48mg (4.79%), Vitamin E: 0.57mg (3.82%), Vitamin K: 3.94µg (3.75%), Vitamin C: 2.86mg (3.46%)