



Slow Cooker Chicken Chile Verde

 **Gluten Free**  **Dairy Free**

READY IN



395 min.

SERVINGS



8

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black as needed freshly ground plus more
- 2 6-inch corn tortillas cut into 1/2-inch pieces ()
- 1 cup cilantro leaves fresh coarsely chopped (from 1 bunch)
- 6 medium garlic clove finely chopped
- 2 teaspoons ground cumin
- 1 medium jalapeno stemmed cut into small dice
- 2 teaspoons kosher salt as needed plus more
- 1 tablespoon juice of lime freshly squeezed

- 2 medium poblano pepper
- 1 pound tomatillos husked rinsed quartered
- 1 tablespoon vegetable oil
- 1 medium onion white
- 4 pound chicken whole

Equipment

- bowl
- baking sheet
- paper towels
- slow cooker
- cutting board

Directions

- Place the tomatillos, garlic, poblanos, tortillas, onion, and jalapeño in a 4-quart or larger slow cooker and stir to combine; set aside.
- Place the cumin, measured salt, and measured pepper in a small bowl and stir to combine; set aside.
- Place the chicken on a work surface or cutting board and pat it dry with paper towels.
- Cut off and discard any extra fat hanging around the body cavity.
- Drizzle the oil on the chicken and rub it all over the skin. Season inside and out with the cumin mixture.
- Place the chicken breast-side up on top of the vegetables in the slow cooker. Cover and cook until the chicken is cooked through and falling off the bones, about 5 to 6 hours on high.
- Transfer the chicken to a rimmed baking sheet. When it's cool enough to handle but still warm, use your hands to shred the meat into bite-sized pieces; discard the skin, cartilage, and bones. Return the shredded chicken to the slow cooker, add the cilantro and lime juice, and stir to combine. Taste and season with salt and pepper as needed.

Nutrition Facts



■ PROTEIN 29.13% ■ FAT 57.1% ■ CARBS 13.77%

Properties

Glycemic Index:27.31, Glycemic Load:1.9, Inflammation Score:-6, Nutrition Score:14.074782672136%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 300.14kcal (15.01%), Fat: 19.07g (29.34%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 7.84g (2.85%), Sugar: 3.74g (4.15%), Cholesterol: 81.65mg (27.22%), Sodium: 664.79mg (28.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.79%), Vitamin C: 37.23mg (45.13%), Vitamin B3: 8.8mg (43.99%), Vitamin B6: 0.55mg (27.6%), Selenium: 16.81µg (24.02%), Phosphorus: 220.5mg (22.05%), Vitamin K: 19.75µg (18.81%), Manganese: 0.28mg (14.04%), Potassium: 480.29mg (13.72%), Zinc: 1.77mg (11.78%), Vitamin B5: 1.17mg (11.65%), Magnesium: 45.91mg (11.48%), Iron: 1.98mg (11.01%), Vitamin B2: 0.18mg (10.36%), Fiber: 2.5g (10.01%), Vitamin A: 490.21IU (9.8%), Vitamin B1: 0.13mg (8.67%), Copper: 0.15mg (7.64%), Vitamin E: 0.95mg (6.33%), Vitamin B12: 0.34µg (5.62%), Folate: 18.47µg (4.62%), Calcium: 39.35mg (3.94%), Vitamin D: 0.22µg (1.45%)