



Slow-Cooker Chicken Enchilada Chili

 Gluten Free

READY IN



490 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds chicken thighs boneless skinless
- 0.5 cup onion chopped
- 1 cup bell pepper green yellow chopped
- 29 ounces stewed tomatoes with garlic and onion, undrained canned
- 30 ounces chili beans sauce undrained canned
- 10 oz enchilada sauce red canned
- 0.3 cup cream sour
- 2 tablespoons cilantro leaves fresh chopped

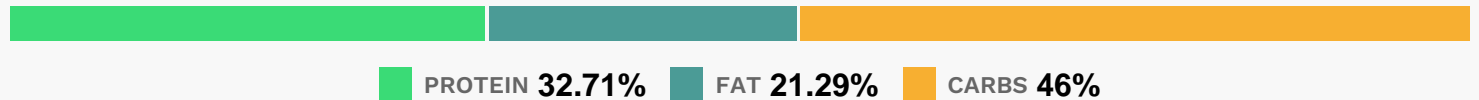
Equipment

slow cooker

Directions

- Spray 4- to 5-quart slow cooker with cooking spray.
- Mix all ingredients except sour cream and cilantro in cooker.
- Cover and cook on Low heat setting 7 to 8 hours.
- Stir mixture to break up chicken. Top each serving with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:22.82652172835%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 340.1kcal (17.01%), Fat: 8.1g (12.46%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 30.59g (11.12%), Sugar: 17.01g (18.91%), Cholesterol: 97.31mg (32.44%), Sodium: 1829.55mg (79.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28g (56%), Vitamin B6: 0.9mg (45.18%), Phosphorus: 441.02mg (44.1%), Vitamin C: 35.28mg (42.77%), Potassium: 1232.61mg (35.22%), Fiber: 8.78g (35.12%), Selenium: 24.56µg (35.09%), Vitamin B3: 6.91mg (34.57%), Iron: 5.62mg (31.23%), Zinc: 4.6mg (30.68%), Copper: 0.59mg (29.39%), Vitamin B2: 0.46mg (27.06%), Magnesium: 107.09mg (26.77%), Vitamin A: 771.27IU (15.43%), Vitamin B1: 0.23mg (15.18%), Vitamin B5: 1.37mg (13.75%), Folate: 53.35µg (13.34%), Calcium: 117.58mg (11.76%), Vitamin E: 1.75mg (11.68%), Vitamin B12: 0.65µg (10.76%), Vitamin K: 9.09µg (8.66%), Manganese: 0.15mg (7.27%)