



## Slow-Cooker Chicken Enchilada Chili

 Gluten Free

READY IN



490 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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



**PROTEIN 29.14%** **FAT 19.05%** **CARBS 51.81%**

# Properties

Glycemic Index:11.5, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:22.086521563323%

# 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: 333.02kcal (16.65%), Fat: 7.1g (10.93%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 37.25g (13.55%), Sugar: 28.43g (31.58%), Cholesterol: 97.31mg (32.44%), Sodium: 2701.29mg (117.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.91%), Vitamin C: 55.55mg (67.34%), Vitamin B3: 8.67mg (43.36%), Vitamin B6: 0.75mg (37.38%), Selenium: 24.28µg (34.68%), Vitamin A: 1718.15IU (34.36%), Potassium: 1119.22mg (31.98%), Phosphorus: 296.43mg (29.64%), Vitamin E: 4.18mg (27.84%), Fiber: 6.23g (24.91%), Iron: 4.12mg (22.89%), Copper: 0.41mg (20.74%), Vitamin B2: 0.35mg (20.39%), Vitamin B1: 0.3mg (19.91%), Vitamin K: 15.9µg (15.14%), Magnesium: 60.32mg (15.08%), Vitamin B5: 1.37mg (13.75%), Zinc: 1.99mg (13.29%), Vitamin B12: 0.63µg (10.53%), Calcium: 101.99mg (10.2%), Folate: 29.25µg (7.31%), Manganese: 0.15mg (7.27%)