



Slow-Cooker Chicken Enchilada Soup

 Gluten Free

READY IN



490 min.

SERVINGS



12

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 tsp pepper black
- 4 oz chili peppers green chopped canned
- 15 oz canned tomatoes whole peeled canned
- 1 cup four cheese shredded mexican style kraft finely
- 2 cups chicken broth
- 1 tsp chili powder
- 1 lb meat from a rotisserie chicken cooked
- 7 corn tortillas

- 1 tsp cumin
- 0.3 tsp basil leaves dried
- 1 Tbsp cilantro leaves fresh chopped
- 10 oz regular corn frozen
- 1 tsp garlic powder
- 12 servings olive oil
- 10 oz enchilada sauce red canned (mild sauce)
- 1 tsp salt
- 2 cups water

Equipment

- baking sheet
- oven
- potato masher
- slow cooker

Directions

- PLACE all of the ingredients (besides the corn tortillas, olive oil, and cheese) into the slow cooker.
- COOK on low for 6–8 hours.
- AFTER the 6–8 hours take a potato masher and mash up the tomatoes. This should also shred the chicken, but if you would like the pieces smaller you can shred the chicken inside the crock pot.
- PREHEAT the oven to 350F. Rub olive oil on both sides of the corn tortillas (add salt if desired) and cut into thin strips.
- Place on a baking sheet for about 10 minutes.

Nutrition Facts

 PROTEIN 18.55%  FAT 59.6%  CARBS 21.85%

Properties

Glycemic Index:12.63, Glycemic Load:3.01, Inflammation Score:-4, Nutrition Score:9.6134781992954%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 303.62kcal (15.18%), Fat: 20.55g (31.62%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 14.28g (5.19%), Sugar: 2.78g (3.09%), Cholesterol: 38.55mg (12.85%), Sodium: 736.48mg (32.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.78%), Vitamin B3: 4.04mg (20.22%), Phosphorus: 195.96mg (19.6%), Selenium: 13.42µg (19.17%), Vitamin E: 2.48mg (16.55%), Vitamin B6: 0.3mg (14.9%), Fiber: 2.68g (10.7%), Vitamin C: 8.73mg (10.58%), Calcium: 105.1mg (10.51%), Vitamin B2: 0.18mg (10.39%), Vitamin K: 10.6µg (10.1%), Iron: 1.73mg (9.63%), Zinc: 1.4mg (9.35%), Magnesium: 35.46mg (8.86%), Potassium: 287.95mg (8.23%), Manganese: 0.16mg (8.01%), Vitamin A: 394.35IU (7.89%), Vitamin B1: 0.09mg (6.18%), Folate: 22.33µg (5.58%), Vitamin B5: 0.55mg (5.5%), Copper: 0.1mg (5.16%), Vitamin B12: 0.22µg (3.62%)