



Slow Cooker Chicken Enchilada Soup

 Popular

READY IN



45 min.

SERVINGS



16

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce mild enchilada sauce green canned
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 bunch cilantro leaves fresh for topping
- ☐ 3 tablespoons garlic minced
- ☐ 3 tablespoons ground cumin
- ☐ 1 large onion finely chopped
- ☐ 32 ounces reduced sodium chicken broth
- ☐ 4 cups rice spanish cooked (I used 2 packages of Knorr Fiesta Rice)

- ☐ 20 ounce mild rotel tomatoes diced with peppers canned
- ☐ 1 rotisserie chicken cut shredded (no skin)
- ☐ 2 cups cheddar cheese shredded for topping
- ☐ 8 ounces cup heavy whipping cream sour
- ☐ 1 bag tortilla chips for topping

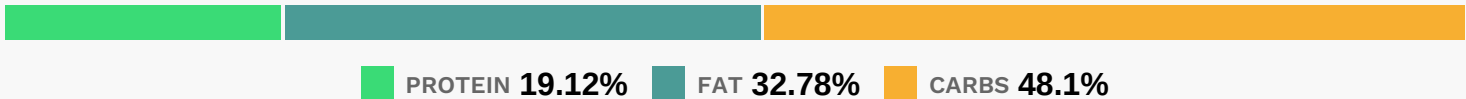
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Heat oil in large skillet or pot over medium heat.
- ☐ Add onions and cook, stirring for 5 minutes until softened. Stir in garlic and cook for an additional minute.
- ☐ Transfer to a large 5 quart minimum crock pot with setting on low.
- ☐ Add shredded chicken to crock pot along with chicken broth, enchilada sauce, tomatoes, rice, cumin and sour cream. Stir and let cook on low for 4-6 hours

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:14.338695715303%

Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 479.48kcal (23.97%), Fat: 17.73g (27.27%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 53.81g (19.57%), Sugar: 10.27g (11.42%), Cholesterol: 58.49mg (19.5%), Sodium: 1627.86mg

(70.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.52%), Selenium: 19.64µg (28.05%), Vitamin B1: 0.41mg (27.34%), Vitamin A: 1179.04IU (23.58%), Manganese: 0.44mg (21.94%), Vitamin B3: 4.31mg (21.53%), Phosphorus: 215.13mg (21.51%), Iron: 3.59mg (19.95%), Folate: 79.27µg (19.82%), Fiber: 4.72g (18.86%), Calcium: 175.91mg (17.59%), Vitamin B2: 0.27mg (15.64%), Magnesium: 47.12mg (11.78%), Vitamin B6: 0.23mg (11.75%), Vitamin E: 1.75mg (11.69%), Potassium: 408.69mg (11.68%), Zinc: 1.46mg (9.75%), Vitamin K: 9.5µg (9.05%), Copper: 0.18mg (8.91%), Vitamin C: 6.79mg (8.23%), Vitamin B5: 0.66mg (6.64%), Vitamin B12: 0.24µg (3.94%)