



Slow Cooker Chicken Mole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large chicken breast fresh
- 28 oz canned tomatoes crushed canned
- 4 oz pepper flakes diced green canned
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 1 onion diced

- 1 clove garlic crushed
- 1 teaspoon balsamic vinegar
- 0.5 ounce chocolate dark unsweetened

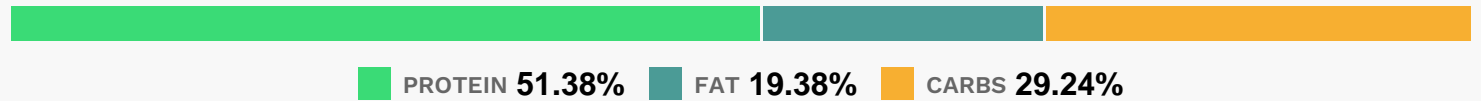
Equipment

- slow cooker

Directions

- Place chicken breasts in a crockpot.
- Combine crushed tomatoes, chilies, chili powder, cumin, salt, sugar, onion and garlic.
- Pour over chicken. Cover crockpot and cook on low for 8 hours. Shred the chicken with two forks. It should fall apart very easily. Stir in vinegar and cut-up chocolate until chocolate has melted completely.
- Serve on top of diced cooked yams or cooked rice. Also great in quesadillas or wraps, or in a toasted bun as a sandwich.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:2.99, Inflammation Score:-6, Nutrition Score:14.009565217391%

Flavonoids

Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 137.61kcal (6.88%), Fat: 3.02g (4.65%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 7.91g (2.88%), Sugar: 6g (6.66%), Cholesterol: 48.26mg (16.09%), Sodium: 339.15mg (14.75%), Protein: 18.03g (36.05%), Vitamin B3: 9.16mg (45.8%), Vitamin B6: 0.79mg (39.27%), Selenium: 24.97µg (35.68%), Vitamin C: 28.15mg (34.12%), Phosphorus: 202.63mg (20.26%), Potassium: 617.13mg (17.63%), Vitamin B5: 1.37mg (13.7%), Manganese: 0.26mg (13.03%), Copper: 0.24mg (11.8%), Magnesium: 46.24mg (11.56%), Iron: 1.97mg (10.92%), Vitamin E: 1.44mg (9.58%), Fiber: 2.35g (9.41%), Vitamin B1: 0.13mg (8.81%), Vitamin B2: 0.14mg (8.23%),

Vitamin A: 401.78IU (8.04%), Vitamin K: 7.01µg (6.67%), Zinc: 0.81mg (5.37%), Folate: 19.79µg (4.95%), Calcium: 43.12mg (4.31%), Vitamin B12: 0.16µg (2.58%)