



Slow Cooker Chicken Taco Soup

 **Gluten Free**  **Dairy Free**

READY IN



435 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans canned
- 20 ounce tomatoes diced with green chilies, undrained canned
- 8 ounce tomato sauce canned
- 16 ounce chili beans sauce canned
- 1 onion chopped
- 3 chicken breasts whole boneless skinless
- 1.3 ounce taco seasoning
- 15 ounce kernel corn whole drained canned

Equipment

slow cooker

Directions

Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker.

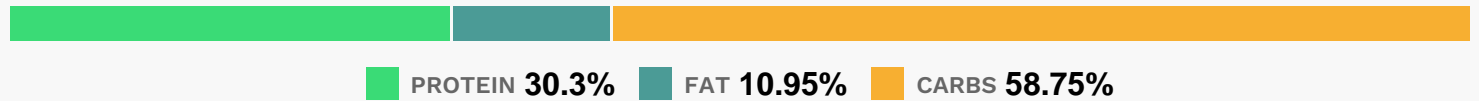
Add taco seasoning, and stir to blend.

Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.

Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours.

Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:15.582173908534%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 223.69kcal (11.18%), Fat: 2.77g (4.26%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 25.17g (9.15%), Sugar: 7.09g (7.87%), Cholesterol: 27.12mg (9.04%), Sodium: 1250.38mg (54.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.48%), Fiber: 8.25g (33%), Vitamin B6: 0.62mg (31.13%), Vitamin B3: 6.17mg (30.85%), Phosphorus: 280.61mg (28.06%), Potassium: 874.83mg (25%), Selenium: 15.3µg (21.85%), Iron: 3.63mg (20.14%), Folate: 75.11µg (18.78%), Vitamin C: 15.4mg (18.66%), Magnesium: 74.41mg (18.6%), Copper: 0.36mg (17.99%), Vitamin B2: 0.26mg (15.31%), Zinc: 2mg (13.34%), Manganese: 0.26mg (13.13%), Vitamin A: 643.14IU (12.86%), Vitamin B1: 0.18mg (11.81%), Vitamin B5: 0.89mg (8.9%), Vitamin E: 1.09mg (7.28%), Calcium: 68.47mg (6.85%), Vitamin K: 3.22µg (3.06%), Vitamin B12: 0.09µg (1.51%)