



## Slow Cooker Chicken Taco Soup

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

READY IN



485 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

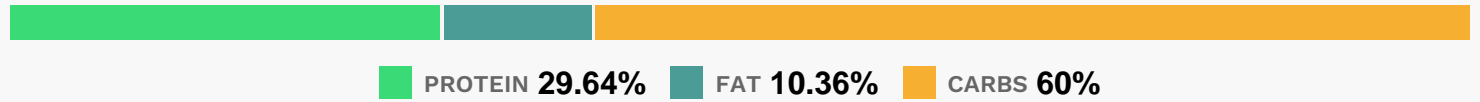
- 15 oz black beans canned
- 20 oz canned tomatoes diced with green chilis canned
- 15 oz canned tomatoes diced canned
- 15 oz chili beans sauce canned
- 15 oz regular corn whole canned
- 1 large onion red finely chopped ()
- 3 chicken breast boneless skinless cut into 1" cubes)

### Equipment

# Directions

Once you have all of your ingredients added, allow it to cook all day for 8 hours on low. If you are wanting to make this a little faster, turn it on high and cook for 4 hours. When your Chicken Taco Soup is ready to serve, add in some crushed tortilla shells, shredded cheddar cheese, and a little sour cream.

## Nutrition Facts



## Properties

Glycemic Index:20.08, Glycemic Load:9.14, Inflammation Score:-8, Nutrition Score:23.60347826087%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 311.77kcal (15.59%), Fat: 3.78g (5.82%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 37.07g (13.48%), Sugar: 13.08g (14.54%), Cholesterol: 36.16mg (12.05%), Sodium: 955.98mg (41.56%), Protein: 24.33g (48.66%), Vitamin B6: 0.99mg (49.26%), Fiber: 12.17g (48.68%), Vitamin B3: 9.34mg (46.7%), Phosphorus: 404.86mg (40.49%), Potassium: 1312.86mg (37.51%), Selenium: 20.68µg (29.54%), Vitamin C: 24.36mg (29.53%), Magnesium: 116.22mg (29.05%), Copper: 0.57mg (28.34%), Iron: 5.07mg (28.16%), Manganese: 0.52mg (25.9%), Folate: 100.48µg (25.12%), Vitamin B2: 0.38mg (22.47%), Vitamin B1: 0.33mg (22.25%), Zinc: 2.92mg (19.48%), Vitamin B5: 1.83mg (18.28%), Vitamin E: 1.85mg (12.35%), Calcium: 109.34mg (10.93%), Vitamin A: 478IU (9.56%), Vitamin K: 7.25µg (6.9%), Vitamin B12: 0.12µg (2%)