



Slow-Cooker Chicken Tacos

 Very Healthy

READY IN



495 min.

SERVINGS



4

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings avocado sliced
- 4 servings olives black sliced
- 4 servings meat from a rotisserie chicken
- 1 pound chicken breasts (approximately three large small chicken breasts)
- 4 servings knudsen cream sour
- 4 servings flour tortillas
- 4 servings lettuce shredded
- 4 servings pinto beans black cooked

- 16 oz taco bellâ® & chunky salsa thick
- 0.5 cup cheese shredded kraft
- 1 Tbsp taco bellâ® taco seasoning mix
- 4 servings tomatoes
- 4 servings toppings (all optional)
- 4 servings toppings (all optional)

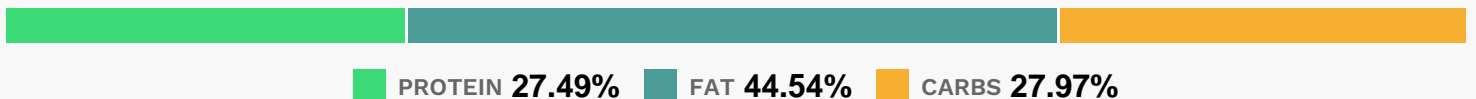
Equipment

- slow cooker

Directions

- PLACE chicken breasts, salsa and seasoning into slow cooker and cook on high for four hours or low for six to eight hours. If using frozen chicken breasts, cook on high for five to six hours.
- REMOVE chicken from slow cooker and cut or shred. If desired, add some salsa left over in the slow cooker to the chicken.
- SERVE chicken in taco shells, tortillas, lettuce wraps or on top of a salad and garnish with toppings of choice. Enjoy!

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:11.32, Inflammation Score:-10, Nutrition Score:53.214347632035%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 911.04kcal (45.55%), Fat: 46.15g (71%), Saturated Fat: 11.99g (74.94%), Carbohydrates: 65.19g (21.73%), Net Carbohydrates: 43.65g (15.87%), Sugar: 13.66g (15.18%), Cholesterol: 172.07mg (57.36%), Sodium: 1654.88mg (71.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.08g (128.16%), Vitamin B3: 25.07mg (125.33%), Vitamin B6: 2.1mg (104.9%), Selenium: 68.44µg (97.78%), Fiber: 21.54g (86.17%), Folate: 327.81µg (81.95%), Phosphorus: 794.59mg (79.46%), Potassium: 2400.76mg (68.59%), Vitamin K: 69.24µg (65.94%), Vitamin A: 3132.53IU (62.65%), Manganese: 1.17mg (58.38%), Vitamin C: 43.5mg (52.72%), Vitamin B5: 4.76mg (47.57%), Vitamin E: 6.77mg (45.13%), Vitamin B1: 0.68mg (45.01%), Magnesium: 179.02mg (44.75%), Vitamin B2: 0.67mg (39.14%), Copper: 0.72mg (36.1%), Iron: 6.37mg (35.4%), Zinc: 4.84mg (32.29%), Calcium: 271.95mg (27.2%), Vitamin B12: 0.91µg (15.12%), Vitamin D: 0.39µg (2.58%)