



Slow Cooker Chicken Tinga

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



18

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce tomato sauce canned
- 1 teaspoon chili powder
- 7 ounce chipotle chile peppers in adobo sauce seeded chopped canned
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 2 jalapeño peppers fresh seeded chopped
- 1 onion chopped
- 1 teaspoon ground oregano

- 0.3 teaspoon pepper flakes red
- 4 chicken breast halves boneless skinless

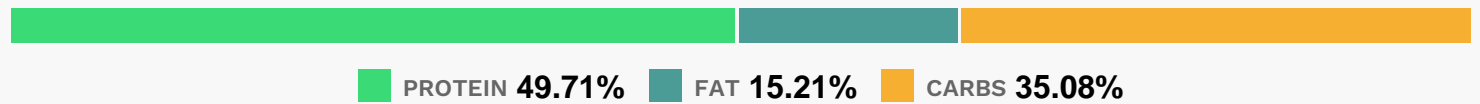
Equipment

- frying pan
- slow cooker

Directions

- Mix chicken, onion, tomato sauce, chipotle chile peppers in adobo sauce, jalapeno peppers, garlic, oregano, cumin, chili powder, and red pepper flakes in a slow cooker.
- Cook on Low until chicken is no longer pink in the center, 2 to 3 hours.
- Remove chicken from slow cooker and shred using 2 forks; return to the slow cooker.
- Heat a large skillet over medium-high heat. Cook and stir chorizo sausage in the hot skillet until browned and crumbly, 5 to 10 minutes; drain and discard grease. Stir chorizo into chicken mixture.
- Cook on Low for 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:4.1826086245153%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 46.14kcal (2.31%), Fat: 0.78g (1.21%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.92g (2.13%), Cholesterol: 16.07mg (5.36%), Sodium: 144.06mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin B3: 2.91mg (14.54%), Selenium: 8.3µg (11.86%), Vitamin B6: 0.23mg (11.69%), Fiber: 1.72g (6.87%), Phosphorus: 62.93mg (6.29%), Vitamin C: 4.37mg

(5.29%), Potassium: 183.29mg (5.24%), Vitamin B5: 0.45mg (4.47%), Iron: 0.75mg (4.14%), Vitamin E: 0.52mg (3.48%), Vitamin A: 171.78IU (3.44%), Magnesium: 11.91mg (2.98%), Manganese: 0.06mg (2.78%), Vitamin B2: 0.05mg (2.7%), Copper: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.81%), Vitamin K: 1.87µg (1.78%), Zinc: 0.23mg (1.52%), Folate: 5.04µg (1.26%)