



Slow-Cooker Chile-Chicken Tacos



Gluten Free



Dairy Free

READY IN



450 min.

SERVINGS



12

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 pounds chicken thighs boneless skinless
- ☐ 1 oz taco seasoning
- ☐ 1 tablespoon brown sugar packed
- ☐ 4 oz chilis green chopped canned
- ☐ 1 cup corn frozen thawed
- ☐ 10 oz enchilada sauce red canned
- ☐ 0.3 cup spring onion sliced
- ☐ 4.6 oz taco shells (12 Count)

- ☐ 3 cups lettuce shredded
- ☐ 0.8 cup tomatoes chopped

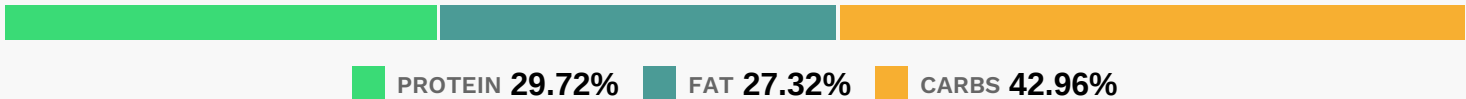
Equipment

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray.
- ☐ Place chicken thighs in cooker.
- ☐ Sprinkle with taco seasoning mix and brown sugar; toss to coat.
- ☐ Mix in green chiles, corn and 1/2 cup of the enchilada sauce. Refrigerate remaining enchilada sauce.
- ☐ Cover and cook on Low heat setting 6 to 7 hours.
- ☐ Place chicken on cutting board; use 2 forks to pull chicken into shreds. Return chicken to cooker. Stir in green onions. Cover and cook on Low heat setting 15 minutes.
- ☐ Heat remaining enchilada sauce.
- ☐ Serve chicken mixture in taco shells with lettuce, tomatoes and warm enchilada sauce.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:4.43, Inflammation Score:-5, Nutrition Score:7.6182608811752%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 145.97kcal (7.3%), Fat: 4.49g (6.91%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 13.39g (4.87%), Sugar: 3.8g (4.22%), Cholesterol: 44.89mg (14.96%), Sodium: 513.77mg (22.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Selenium: 11.38µg (16.26%), Vitamin B3: 3.22mg (16.11%), Vitamin B6: 0.28mg (14.25%), Phosphorus: 133.32mg (13.33%), Vitamin A: 593.55IU (11.87%), Vitamin K: 11.69µg (11.13%), Fiber: 2.5g (10.01%), Vitamin C: 7.93mg (9.61%), Potassium: 246.5mg (7.04%), Zinc: 1.05mg (6.99%), Folate: 27.95µg (6.99%), Magnesium: 27.46mg (6.86%), Vitamin B2: 0.12mg (6.78%), Iron: 1.21mg (6.74%), Vitamin B5: 0.64mg (6.43%), Manganese: 0.13mg (6.42%), Vitamin B1: 0.09mg (6.21%), Vitamin B12: 0.3µg (5.04%), Copper: 0.06mg (2.9%), Calcium: 25.57mg (2.56%), Vitamin E: 0.25mg (1.69%)