



Slow-Cooker Chipotle Chicken and Pintos with Spanish Rice

 Dairy Free

READY IN



615 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds chicken thighs boneless skinless
- ☐ 31 ounces pinto beans rinsed drained canned
- ☐ 4 oz chilis green chopped canned
- ☐ 2 chipotle sauce seeded chopped (from 6-ounce can)
- ☐ 0.9 ounce campbell's chicken gravy
- ☐ 6.8 ounces old el rice spanish
- ☐ 2 cups water

- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup tomatoes seeded chopped
- ☐ 1 serving cilantro leaves fresh chopped

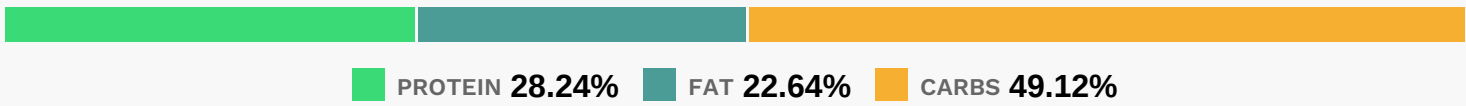
Equipment

- ☐ slow cooker

Directions

- ☐ Place chicken, pinto beans, green chiles, chipotle chiles and gravy mix
- ☐ (dry) in order listed in 3- to 3 1/2-quart slow cooker.
- ☐ Cover and cook on low heat setting 8 to 10 hours.
- ☐ About 30 minutes before serving, make Spanish rice mix as directed on
- ☐ package, using water and oil.
- ☐ Meanwhile, gently stir tomato into chicken mixture.
- ☐ To serve, spoon about 1 1/4 cups chicken mixture over 1/2 cup rice.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:10.75, Inflammation Score:-8, Nutrition Score:31.720000018244%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 612.36kcal (30.62%), Fat: 15.43g (23.74%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 75.33g (25.11%), Net Carbohydrates: 61.91g (22.51%), Sugar: 6.38g (7.08%), Cholesterol: 135.15mg (45.05%), Sodium: 1385.68mg

(60.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.32g (86.63%), Selenium: 48.07µg (68.68%), Vitamin B3: 12.31mg (61.55%), Manganese: 1.13mg (56.7%), Phosphorus: 547.4mg (54.74%), Fiber: 13.42g (53.67%), Vitamin B6: 0.97mg (48.46%), Vitamin B1: 0.65mg (43.41%), Folate: 155.99µg (39%), Potassium: 1266.59mg (36.19%), Iron: 6.46mg (35.87%), Magnesium: 128.33mg (32.08%), Copper: 0.56mg (28.12%), Zinc: 3.97mg (26.44%), Vitamin B2: 0.44mg (25.81%), Vitamin B5: 2.35mg (23.5%), Vitamin E: 3.08mg (20.54%), Vitamin C: 15.07mg (18.26%), Vitamin K: 16.52µg (15.74%), Vitamin B12: 0.91µg (15.12%), Calcium: 146.63mg (14.66%), Vitamin A: 551.08IU (11.02%)