



Slow-Cooker Chipotle Chicken and Rice



Gluten Free



Dairy Free

READY IN



405 min.

SERVINGS



4

CALORIES



1512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb bell pepper frozen thawed
- ☐ 14.5 oz canned tomatoes undrained canned
- ☐ 10.5 lb chicken skinless
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 2 tablespoons chipotles in adobo chopped (from 7-oz can)
- ☐ 1 cup corn frozen thawed
- ☐ 1 teaspoon garlic salt
- ☐ 1 cup rice instant uncooked

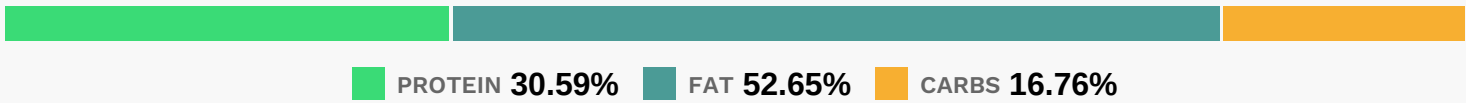
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray.
- ☐ Sprinkle chicken with garlic salt. Cook chicken in skillet over medium heat 6 to 8 minutes, turning occasionally, until brown on all sides.
- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Mix chicken, stir-fry vegetables, corn, tomatoes, broth and chilies in cooker.
- ☐ Cover and cook on Low heat setting 5 to 6 hours.
- ☐ Remove chicken from cooker. Stir rice into mixture in cooker; return chicken to cooker. Increase heat setting to High. Cover and cook 20 to 25 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:25.79, Inflammation Score:-10, Nutrition Score:51.757825975833%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 1511.56kcal (75.58%), Fat: 87.54g (134.68%), Saturated Fat: 24.89g (155.54%), Carbohydrates: 62.7g (20.9%), Net Carbohydrates: 55.86g (20.31%), Sugar: 10.28g (11.42%), Cholesterol: 430.7mg (143.57%), Sodium: 1507.51mg (65.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 114.42g (228.84%), Vitamin B3: 42.89mg (214.47%), Vitamin C: 166.72mg (202.08%), Vitamin B6: 2.63mg (131.71%), Selenium: 90.76µg (129.65%), Phosphorus: 995.7mg (99.57%), Vitamin A: 4575.66IU (91.51%), Vitamin B5: 6.45mg (64.45%), Zinc: 8.91mg (59.43%), Vitamin B2: 0.96mg (56.19%), Manganese: 1.04mg (52.04%), Potassium: 1813.65mg (51.82%), Iron: 7.87mg (43.75%), Magnesium: 174.27mg (43.57%), Vitamin B1: 0.58mg (38.51%), Vitamin E: 4.88mg (32.55%), Copper:

0.62mg (31.02%), Folate: 120.01µg (30%), Vitamin B12: 1.79µg (29.87%), Fiber: 6.84g (27.36%), Vitamin K: 19.62µg (18.69%), Calcium: 124.82mg (12.48%), Vitamin D: 1.14µg (7.62%)