



Slow Cooker Cilantro Lime Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



250 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons cilantro leaves fresh chopped
- 1 juice of lime juiced
- 16 ounce salsa
- 3 pounds chicken breast halves boneless skinless
- 1.3 ounce taco seasoning dry

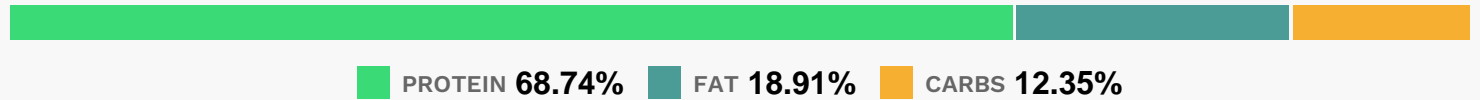
Equipment

- slow cooker

Directions

- Place the salsa, taco seasoning, lime juice, and cilantro into a slow cooker, and stir to combine.
- Add the chicken breasts, and stir to coat with the salsa mixture. Cover the cooker, set to High, and cook until the chicken is very tender, about 4 hours. If desired, set cooker to Low and cook 6 to 8 hours. Shred chicken with 2 forks to serve.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:23.854782456937%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 292.87kcal (14.64%), Fat: 6.02g (9.26%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 6.35g (2.31%), Sugar: 4.07g (4.53%), Cholesterol: 145.15mg (48.38%), Sodium: 1235.71mg (53.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.26g (98.53%), Vitamin B3: 24.51mg (122.55%), Selenium: 73.26µg (104.66%), Vitamin B6: 1.83mg (91.7%), Phosphorus: 501.26mg (50.13%), Vitamin B5: 3.39mg (33.92%), Potassium: 1041.08mg (29.75%), Vitamin A: 1000.96IU (20.02%), Magnesium: 70.76mg (17.69%), Vitamin B2: 0.25mg (14.83%), Vitamin B1: 0.17mg (11.53%), Vitamin C: 8.37mg (10.15%), Fiber: 2.5g (9.99%), Zinc: 1.47mg (9.81%), Vitamin E: 1.37mg (9.13%), Iron: 1.56mg (8.69%), Vitamin B12: 0.45µg (7.56%), Manganese: 0.12mg (6.06%), Copper: 0.11mg (5.61%), Vitamin K: 4.28µg (4.07%), Calcium: 33.34mg (3.33%), Folate: 12.72µg (3.18%), Vitamin D: 0.23µg (1.51%)