



Slow Cooker Creamy Chipotle Chicken Tortellini

♥ Popular

READY IN



45 min.

SERVINGS



10

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 cups broccoli florets
- ☐ 3 medium chicken breasts
- ☐ 4 tablespoons chipotle sauce whole canned (If the can has chipotle peppers, use the sauce from it)
- ☐ 1 pound tortellini fresh dry
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon kosher salt

- ☐ 8 ounces cream cheese low-fat softened
- ☐ 32 ounces reduced sodium chicken broth

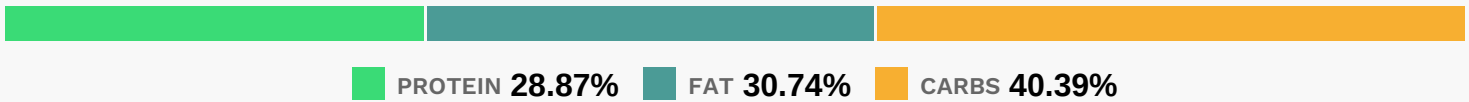
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Heat crock pot to high setting.
- ☐ Place 1 cup chicken broth into crock pot over chicken breasts. Cook for 3–4 hours until easy to shred with a fork. Discard broth and shred chicken into bite size pieces.
- ☐ Pour 32 ounces of chicken broth into crock pot.
- ☐ Place cream cheese, broccoli, tortellini, shredded chicken, chipotle sauce, cumin, salt and pepper into crock pot. Close lid and cook on high for 2 hours. Stir gently to combine cream cheese.
- ☐ Serve in bowl. Top with pepper.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:20.10521744386%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 5.71mg, Kaempferol: 5.71mg, Kaempferol: 5.71mg, Kaempferol: 5.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 369.78kcal (18.49%), Fat: 12.87g (19.8%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 31.95g (11.62%), Sugar: 6.77g (7.52%), Cholesterol: 84.22mg (28.07%), Sodium: 738.42mg (32.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.4%), Vitamin C: 65.78mg (79.74%), Vitamin K: 74.83µg (71.26%), Vitamin B3: 8.83mg (44.14%), Selenium: 24.45µg (34.93%), Vitamin B6: 0.66mg (32.83%), Phosphorus: 254.27mg (25.43%), Fiber: 6.1g (24.4%), Potassium: 623.45mg (17.81%), Vitamin B5: 1.58mg (15.76%),

Calcium: 143.9mg (14.39%), Vitamin A: 685.44IU (13.71%), Folate: 52.94µg (13.24%), Vitamin B2: 0.22mg (13.16%),
Iron: 1.88mg (10.43%), Manganese: 0.19mg (9.6%), Magnesium: 37.28mg (9.32%), Vitamin B12: 0.44µg (7.25%),
Vitamin B1: 0.11mg (7.12%), Zinc: 0.93mg (6.22%), Copper: 0.11mg (5.62%), Vitamin E: 0.77mg (5.15%)