



Slow-Cooker Mexican Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



245 min.

SERVINGS



8

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chipotles in adobo finely chopped (from 7-oz can)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 cup salsa thick old el paso®
- ☐ 1 teaspoon salt
- ☐ 2 lb chicken breast boneless skinless

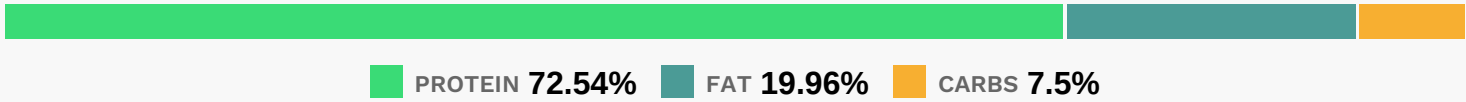
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- ☐ Place chicken in slow cooker.
- ☐ Sprinkle with salt. Top with salsa, chipotle chile and cilantro.
- ☐ Cover; cook on High heat setting 4 hours (or on Low heat setting 8 hours).
- ☐ Remove chicken from slow cooker to plate; shred with 2 forks. Return chicken to slow cooker; toss with cooking liquid.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.092608716177%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 140.18kcal (7.01%), Fat: 3g (4.62%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.37g (1.52%), Cholesterol: 72.57mg (24.19%), Sodium: 635.91mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.13%), Vitamin B3: 12.2mg (61.01%), Selenium: 36.59µg (52.27%), Vitamin B6: 0.91mg (45.4%), Phosphorus: 249.02mg (24.9%), Vitamin B5: 1.69mg (16.87%), Potassium: 508.69mg (14.53%), Magnesium: 34.63mg (8.66%), Vitamin B2: 0.13mg (7.38%), Vitamin B1: 0.08mg (5.64%), Vitamin A: 257.59IU (5.15%), Zinc: 0.73mg (4.86%), Vitamin K: 4.69µg (4.47%), Vitamin E: 0.64mg (4.25%), Vitamin B12: 0.23µg (3.78%), Iron: 0.62mg (3.45%), Fiber: 0.8g (3.2%), Manganese: 0.06mg (2.94%), Vitamin C: 2.25mg (2.73%), Copper: 0.05mg (2.71%), Folate: 6.46µg (1.61%), Calcium: 15.62mg (1.56%)