



WHATSheATE



Slow-Cooker Mexican Chicken Chili



Gluten Free

READY IN



430 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 lb chicken thighs boneless skinless
- ☐ 0.5 cup onion chopped
- ☐ 0.8 cup celery stalks sliced
- ☐ 29 oz stewed tomatoes with garlic and onion, undrained canned
- ☐ 30 oz pinto beans undrained canned
- ☐ 10 oz enchilada sauce red canned
- ☐ 2 teaspoons chili powder
- ☐ 1 teaspoon ground cumin

- ☐ 1 corn chips scoop-shaped
- ☐ 0.3 cup cream sour
- ☐ 2 tablespoons cilantro leaves fresh chopped

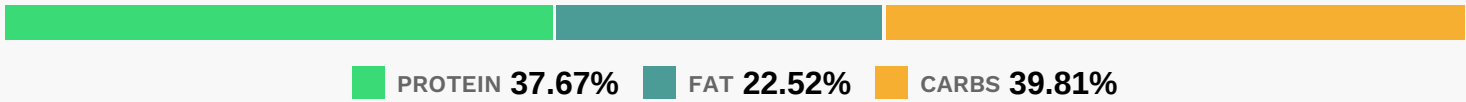
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 4- to 5-quart slow cooker with cooking spray. In cooker, mix all ingredients except sour cream and cilantro.
- ☐ Cover; cook on Low heat setting 7 to 8 hours.
- ☐ Stir mixture to break up chicken. Top each serving with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:7.09, Inflammation Score:-8, Nutrition Score:23.489565144414%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 364.65kcal (18.23%), Fat: 9.23g (14.2%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 27.33g (9.94%), Sugar: 10.65g (11.83%), Cholesterol: 133.22mg (44.41%), Sodium: 1237.11mg (53.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.49%), Selenium: 31.48µg (44.97%), Vitamin B3: 8.91mg (44.55%), Phosphorus: 425.87mg (42.59%), Vitamin B6: 0.76mg (38.17%), Fiber: 9.4g (37.6%), Iron: 5.65mg (31.39%), Potassium: 1087.15mg (31.06%), Manganese: 0.61mg (30.41%), Magnesium: 100.02mg (25%), Copper: 0.48mg (23.96%), Zinc: 3.17mg (21.11%), Vitamin B5: 2.03mg (20.35%), Vitamin B2: 0.34mg (20.28%), Vitamin A: 930.04IU (18.6%), Vitamin B1: 0.27mg (18.07%), Vitamin C: 14.32mg (17.36%), Vitamin E: 2.55mg (17%), Calcium: 151.76mg (15.18%), Vitamin B12: 0.87µg (14.56%), Vitamin K: 15.19µg (14.47%), Folate: 54.32µg (13.58%)