



Slow Cooker Mexican-Style Chicken

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

READY IN



250 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- 1 pound meat from a rotisserie chicken boneless skinless
- 0.5 cup pineapple preserves
- 0.5 cup tomato salsa
- 0.5 cup chipotle salsa

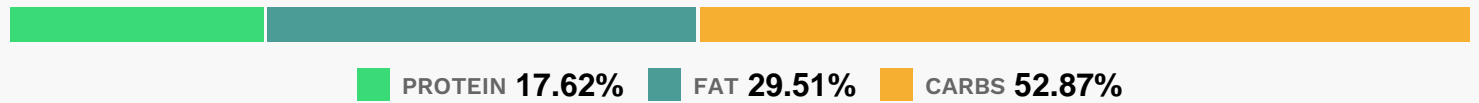
Equipment

- slow cooker
- cutting board

Directions

- Stir tomato salsa, chipotle salsa, and pineapple preserves in crock of a slow cooker.
- Add chicken and turn to coat in salsa mixture.
- Cook on Low until chicken is tender and easily shredded, 3 to 4 hours.
- Remove chicken to a cutting board; shred with 2 forks.
- Return shredded chicken to salsa mixture, stir, and continue cooking for 1 hour more.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:15.85, Inflammation Score:-4, Nutrition Score:6.8034782720649%

Nutrients (% of daily need)

Calories: 254.03kcal (12.7%), Fat: 8.35g (12.85%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 33.66g (11.22%), Net Carbohydrates: 32.03g (11.65%), Sugar: 23.09g (25.65%), Cholesterol: 40.82mg (13.61%), Sodium: 478.1mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.43%), Vitamin B3: 4.45mg (22.23%), Vitamin B6: 0.31mg (15.67%), Selenium: 9.27µg (13.25%), Phosphorus: 108.89mg (10.89%), Potassium: 303.3mg (8.67%), Vitamin A: 388.2IU (7.76%), Vitamin C: 5.85mg (7.09%), Vitamin B2: 0.12mg (6.97%), Vitamin E: 1.01mg (6.72%), Fiber: 1.64g (6.55%), Vitamin B5: 0.64mg (6.35%), Zinc: 0.87mg (5.79%), Magnesium: 22.34mg (5.58%), Copper: 0.11mg (5.54%), Iron: 0.97mg (5.4%), Manganese: 0.1mg (5.04%), Vitamin B1: 0.06mg (4.15%), Vitamin K: 3.55µg (3.38%), Calcium: 32.69mg (3.27%), Vitamin B12: 0.17µg (2.81%), Folate: 10.54µg (2.64%)