



Slow Cooker Quinoa Sweet Potato Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



495 min.

SERVINGS



6

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 32 ounce kidney beans red drained and rinsed canned
- ☐ 28 ounce canned tomatoes diced with garlic and olive oil canned
- ☐ 29 ounce chicken broth canned
- ☐ 1 tablespoon chili powder
- ☐ 2.5 cups meat from a rotisserie chicken cooked chopped to taste
- ☐ 1 tablespoon onion dried minced
- ☐ 1 teaspoon garlic minced

- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup quinoa
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 large sweet potatoes peeled cut into cubes

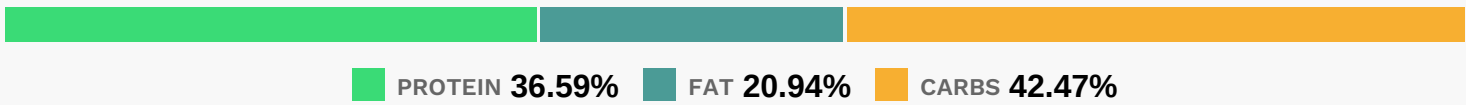
Equipment

- ☐ slow cooker

Directions

- ☐ Stir chicken broth, chopped chicken, tomatoes, kidney beans, black beans, sweet potatoes, quinoa, minced onion, chili powder, minced garlic, red pepper flakes, salt, and black pepper together in a slow cooker.
- ☐ Cook in the slow cooker set to Low for 8 hours.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:21.51, Inflammation Score:-10, Nutrition Score:43.476522370525%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 737.71kcal (36.89%), Fat: 17.22g (26.48%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 78.56g (26.19%), Net Carbohydrates: 58.14g (21.14%), Sugar: 13.77g (15.31%), Cholesterol: 112.26mg (37.42%), Sodium: 1624.61mg (70.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.68g (135.36%), Vitamin A: 17055.09IU (341.1%), Fiber: 20.41g (81.66%), Manganese: 1.49mg (74.72%), Phosphorus: 726.5mg (72.65%), Selenium: 45.23µg (64.62%), Vitamin B6: 1.21mg (60.66%), Vitamin B3: 11.71mg (58.56%), Potassium: 1848.43mg (52.81%), Iron: 9.06mg (50.33%), Copper: 0.98mg (48.87%), Magnesium: 194.32mg (48.58%), Zinc: 6.85mg (45.68%), Folate: 145.75µg (36.44%), Vitamin B1: 0.54mg (36.21%), Vitamin B2: 0.61mg (35.7%), Vitamin B12: 1.54µg (25.66%), Vitamin B5: 2.31mg (23.06%), Vitamin C: 18.81mg (22.79%), Vitamin E: 3.31mg (22.04%), Vitamin K: 20.1µg (19.15%), Calcium: 188.64mg

(18.86%)