



## Slow-Cooker Salsa Chicken

 **Gluten Free**  **Dairy Free**

READY IN



430 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 oz black beans rinsed drained canned
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 cup salsa thick
- 1 teaspoon salt
- 8 chicken thighs boneless skinless
- 1 tablespoon vegetable oil
- 11 ounces corn sweet whole drained canned

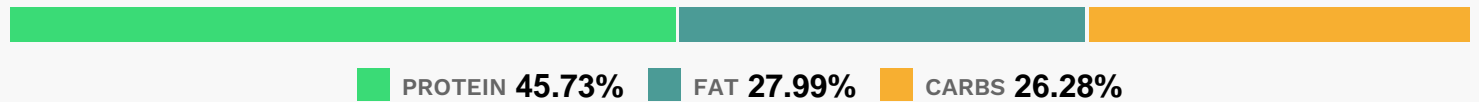
## Equipment

- frying pan
- slow cooker

## Directions

- Sprinkle chicken with salt. In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil about 4 minutes, turning once, until brown.
- In 3 1/2- to 5-quart slow cooker, mix salsa, beans and corn. Top with chicken.
- Cover and cook on low heat setting 7 to 9 hours or until juice of chicken is clear when center of thickest part is cut (180F).
- Sprinkle chicken thighs and vegetable mixture with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:26.586087102475%

## Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 462.9kcal (23.15%), Fat: 14.17g (21.81%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 22.03g (8.01%), Sugar: 1.24g (1.38%), Cholesterol: 214.7mg (71.57%), Sodium: 1531.11mg (66.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.11g (104.22%), Selenium: 52.75µg (75.36%), Vitamin B3: 14.26mg (71.28%), Phosphorus: 579.9mg (57.99%), Vitamin B6: 1.12mg (56.08%), Vitamin B2: 0.55mg (32.35%), Fiber: 7.93g (31.7%), Potassium: 1056.58mg (30.19%), Vitamin B5: 2.97mg (29.74%), Zinc: 4.3mg (28.63%), Magnesium: 102.71mg (25.68%), Vitamin B1: 0.38mg (25.03%), Folate: 97.92µg (24.48%), Vitamin B12: 1.45µg (24.11%), Iron: 4.15mg (23.03%), Copper: 0.38mg (18.84%), Manganese: 0.37mg (18.33%), Vitamin K: 14.79µg (14.09%), Vitamin E: 1.09mg (7.24%), Calcium: 68.7mg (6.87%), Vitamin C: 4.87mg (5.9%), Vitamin A: 227.99IU (4.56%)