



Slow Cooker Salsa Chicken



Gluten Free



Dairy Free

READY IN



380 min.

SERVINGS



8

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 0.5 cup celery finely chopped
- ☐ 2 pounds meat from a rotisserie chicken boneless skinless
- ☐ 1 cup onion finely chopped
- ☐ 1 cup salsa prepared
- ☐ 2 tablespoons taco seasoning
- ☐ 1 cup tomatoes diced with habaneros (such as ro*tel® hot)
- ☐ 0.3 cup water

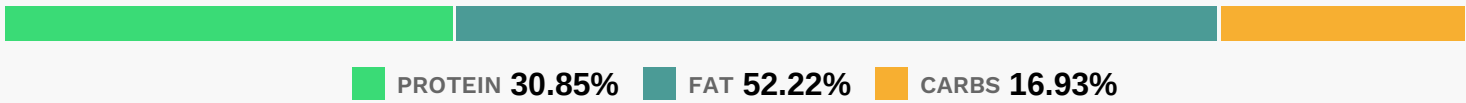
Equipment

- ☐ kitchen thermometer
- ☐ slow cooker

Directions

- ☐ Put chicken into the crock of a slow cooker.
- ☐ Sprinkle taco seasoning over the chicken.
- ☐ Layer diced tomatoes with habaneros, onion, celery, and carrot over the chicken, respectively; top with salsa.
- ☐ Pour water over the entire mixture.
- ☐ Cook on Low until the chicken is easily shreddable, 6 to 8 hours. An instant-read thermometer should read 165 degrees F (74 degrees C).
- ☐ Shred the chicken with 2 forks and stir with the salsa mixture.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:7.8404348518537%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 143.14kcal (7.16%), Fat: 8.35g (12.84%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.16g (3.51%), Cholesterol: 40.82mg (13.61%), Sodium: 314.4mg (13.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.19%), Vitamin A: 1811.2IU (36.22%), Vitamin B3: 4.3mg (21.49%), Vitamin B6: 0.3mg (15.12%), Selenium: 8.26µg (11.81%), Phosphorus: 105mg (10.5%), Potassium: 302.08mg (8.63%), Vitamin C: 6.47mg (7.84%), Vitamin B5: 0.64mg (6.4%), Fiber: 1.59g (6.36%), Vitamin K: 6.64µg (6.32%),

Zinc: 0.87mg (5.81%), Manganese: 0.11mg (5.6%), Vitamin B2: 0.09mg (5.46%), Magnesium: 21.54mg (5.38%),
Vitamin E: 0.73mg (4.89%), Vitamin B1: 0.07mg (4.45%), Iron: 0.8mg (4.43%), Folate: 14.95µg (3.74%), Copper:
0.07mg (3.65%), Vitamin B12: 0.17µg (2.81%), Calcium: 26.94mg (2.69%)