



## Slow Cooker Santa Fe Chicken

 Gluten Free

READY IN



215 min.

SERVINGS



8

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce black beans drained canned
- 8 ounce cream cheese cut into cubes
- 0.5 cup salsa
- 4 chicken breast halves boneless skinless
- 8 tortillas
- 14 ounce kernel corn whole canned

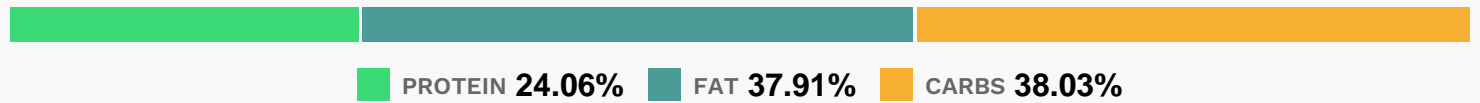
### Equipment

- slow cooker

## Directions

- Combine the black beans, corn, and 1/2 cup salsa in a slow cooker.
- Lay chicken breast atop the black bean mixture; top with another 1/2 cup salsa.
- Cook on High for 3 hours.
- Add cream cheese to chicken mixture; cook another 30 minutes.
- Spoon chicken mixture into middle of tortillas; roll tortillas around filling.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:5.1, Inflammation Score:-6, Nutrition Score:14.41260885674%

## Nutrients (% of daily need)

Calories: 345.23kcal (17.26%), Fat: 14.51g (22.32%), Saturated Fat: 7.07g (44.22%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 27.73g (10.08%), Sugar: 2.8g (3.11%), Cholesterol: 64.79mg (21.6%), Sodium: 766.94mg (33.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.72g (41.44%), Vitamin B3: 8.14mg (40.72%), Selenium: 28.05µg (40.06%), Phosphorus: 293.73mg (29.37%), Vitamin B6: 0.51mg (25.73%), Folate: 80.47µg (20.12%), Fiber: 5.01g (20.04%), Vitamin B1: 0.28mg (18.74%), Vitamin B2: 0.28mg (16.63%), Manganese: 0.33mg (16.49%), Potassium: 547.16mg (15.63%), Iron: 2.52mg (13.98%), Magnesium: 50.34mg (12.59%), Vitamin B5: 1.15mg (11.47%), Calcium: 98.27mg (9.83%), Vitamin A: 477.81IU (9.56%), Copper: 0.18mg (8.98%), Zinc: 1.09mg (7.25%), Vitamin C: 3.27mg (3.96%), Vitamin E: 0.55mg (3.66%), Vitamin K: 3.55µg (3.38%), Vitamin B12: 0.18µg (2.92%)