



Slow Cooker Spicy Chicken



Gluten Free



Dairy Free



Popular

READY IN



255 min.

SERVINGS



3

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 pinch salt and ground pepper fresh to taste
- ☐ 1 small onion red chopped
- ☐ 8 ounce salsa
- ☐ 3 chicken breast halves boneless skinless
- ☐ 0.3 cup tomato sauce

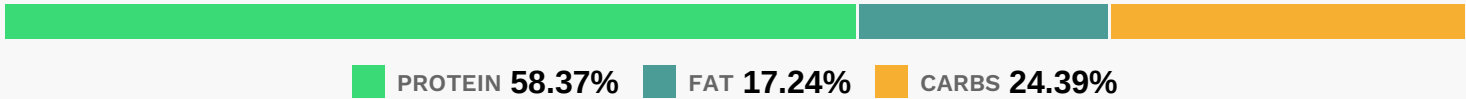
Equipment

☐ slow cooker

Directions

- ☐ Arrange the chicken breasts in the bottom of a slow cooker, and pour in the salsa and tomato sauce.
- ☐ Add the garlic and onion, and sprinkle in the cumin, chili powder, salt, and pepper. Set the cooker on Low, and cook until the chicken is very tender, 4 to 5 hours. Shred the chicken with two forks for serving.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:16.150000033171%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 177.67kcal (8.88%), Fat: 3.42g (5.26%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 8.26g (3%), Sugar: 5.24g (5.83%), Cholesterol: 72.32mg (24.11%), Sodium: 750.56mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.13%), Vitamin B3: 13mg (65%), Vitamin B6: 1.09mg (54.25%), Selenium: 37.6µg (53.72%), Phosphorus: 286.02mg (28.6%), Potassium: 760.26mg (21.72%), Vitamin B5: 1.89mg (18.89%), Vitamin A: 692.22IU (13.84%), Magnesium: 51.38mg (12.85%), Manganese: 0.24mg (11.93%), Vitamin E: 1.72mg (11.44%), Fiber: 2.63g (10.54%), Vitamin B2: 0.17mg (10.06%), Vitamin C: 7.61mg (9.23%), Iron: 1.6mg (8.89%), Vitamin B1: 0.13mg (8.69%), Copper: 0.14mg (6.79%), Zinc: 1mg (6.65%), Calcium: 50.14mg (5.01%), Vitamin K: 4.89µg (4.66%), Folate: 16.66µg (4.17%), Vitamin B12: 0.23µg (3.77%)