



Slow-Cooker Tex-Mex Chicken

READY IN



375 min.

SERVINGS



15

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 2 cups rice long-grain white hot cooked
- 2 Tbsp flour
- 1 cup regular corn frozen
- 2 green onions sliced
- 1 bell pepper green red cut into 1-inch-wide strips
- 1.5 cups taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless cut into 1-inch-wide strips
- 2 Tbsp taco bellâ® taco seasoning mix ()

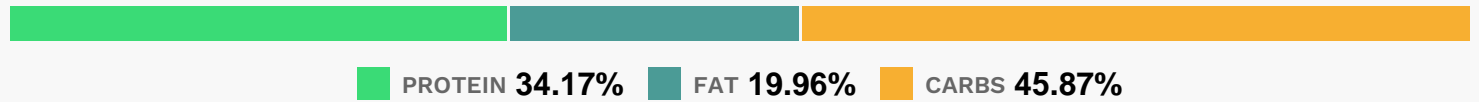
Equipment

slow cooker

Directions

- Toss chicken with seasoning mix and flour in slow cooker sprayed with cooking spray.
- Add peppers, corn and salsa; mix well. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours).
- Stir chicken mixture.
- Serve over rice topped with cheese and onions.

Nutrition Facts



Properties

Glycemic Index:16.87, Glycemic Load:7, Inflammation Score:-3, Nutrition Score:6.3600000492904%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 101.95kcal (5.1%), Fat: 2.28g (3.51%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 10.68g (3.88%), Sugar: 1.31g (1.46%), Cholesterol: 23.12mg (7.71%), Sodium: 260.05mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Vitamin B3: 3.82mg (19.11%), Selenium: 12.99µg (18.56%), Vitamin B6: 0.33mg (16.67%), Phosphorus: 110.96mg (11.1%), Vitamin C: 8.49mg (10.29%), Manganese: 0.17mg (8.51%), Potassium: 240.95mg (6.88%), Vitamin B5: 0.63mg (6.27%), Magnesium: 20.16mg (5.04%), Vitamin A: 250.51IU (5.01%), Vitamin K: 5.14µg (4.9%), Fiber: 1.13g (4.52%), Vitamin B2: 0.08mg (4.47%), Calcium: 40.06mg (4.01%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.57mg (3.8%), Vitamin E: 0.45mg (3%), Folate: 11.72µg (2.93%), Copper: 0.05mg (2.72%), Iron: 0.46mg (2.58%), Vitamin B12: 0.1µg (1.67%)