



## White Chili Mini Tacos

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

READY IN



305 min.

SERVINGS



48

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 19 oz cannellini beans drained canned
- 4.5 oz chilis green undrained chopped canned
- 1.3 pounds chicken thighs boneless skinless ( 6 thighs)
- 1 oz taco seasoning
- 7.6 oz taco shells miniature (48 shells)

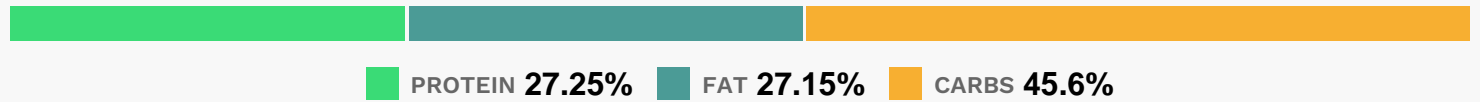
### Equipment

- slow cooker

## Directions

- Place chicken thighs in 4- to 6-quart slow cooker; sprinkle with taco seasoning mix. Top with chiles and beans.
- Cover and cook on low heat setting 5 to 6 hours or until juice of chicken is no longer pink when the centers of the thickest pieces are cut.
- About 15 minutes before serving, heat taco shells as directed on package. Meanwhile, remove chicken from cooker; place on large plate. Shred chicken with 2 forks. Return chicken to bean mixture; mix well, mashing beans with fork.
- Serve chicken mixture with warm taco shells. Chicken mixture will hold on low heat setting up to 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:2.06, Glycemic Load:2.3, Inflammation Score:-1, Nutrition Score:2.3356521673824%

## Nutrients (% of daily need)

Calories: 49.88kcal (2.49%), Fat: 1.5g (2.31%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.69g (1.7%), Sugar: 0.21g (0.23%), Cholesterol: 11.22mg (3.74%), Sodium: 83.82mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Selenium: 3.07µg (4.39%), Phosphorus: 43.05mg (4.31%), Manganese: 0.09mg (4.26%), Fiber: 1g (3.98%), Vitamin B3: 0.77mg (3.87%), Vitamin B6: 0.07mg (3.66%), Iron: 0.58mg (3.22%), Folate: 12.3µg (3.07%), Magnesium: 12.27mg (3.07%), Potassium: 93.26mg (2.66%), Zinc: 0.38mg (2.53%), Vitamin B1: 0.03mg (2.09%), Copper: 0.04mg (1.89%), Vitamin B2: 0.03mg (1.73%), Vitamin B5: 0.16mg (1.65%), Calcium: 14.7mg (1.47%), Vitamin C: 1.17mg (1.42%), Vitamin B12: 0.08µg (1.26%), Vitamin A: 62.35IU (1.25%)