



4 Servings

chicken and corn chili

Ingredients

salsa, ready to serve	1 Cup(s)
chicken breast skinless	14 oz
garlic powder	1 tsp
cumin ground	1 tsp
chili powder	1 tsp
sweet corn kernels, frozen	2 cup
pinto beans, no salt added	1 1/2 Cup(s)

Nutrition Totals

Calories 979 / Carbs 102 g / Protein 115 g / Fat 15 g / Fluid 30 fl oz

Instructions

1. Place salsa, chicken, garlic powder, cumin, and chili powder in a slow cooker.

2. Cook for 6 to 8 hours on the low heat setting.

3. Once tender, shred the chicken with 2 forks.

4. Stir in the corn and the pinto beans and cook on low for an additional 1 to 2 hours.

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Nutrition Label

Chicken And Corn Chili	
Amount Per Serving Calories	245
	% Daily Value*
Total Fat 3.6g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 72.4mg	24%
Sodium 143.5mg	6%
Total Carbohydrates 25.4g	8%
Dietary Fiber 6.3g	25%
Total Sugar 4.5g	
Protein 28.6g	
Vitamin D 0.9IU	0%
Calcium 70.3mg	7%
Iron 2.2mg	13%
Potassium 865.2mg	
* The % Daily Value (DV) tells yo nutrient in a serving of food contr diet. 2,000 calories a day is used nutrition advice.	ibutes to a daily

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