



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.



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 you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.