

# Crock-Pot Mexican Chicken

Yield: 4 min  
Total Time: 245 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooker-mexican-recipe-with-taco-seasoning>

## Ingredients:

- 15 ounces corn drained
- 8 chicken tenders frozen, or 2 large chicken breasts
- 1 1/2 tablespoons taco seasoning
- 10 ounces tomatoes with chilies Rotel
- 15 ounces black beans drained and rinsed
- 1/4 cup cilantro packed, chopped
- 1 lime

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 290 milligrams
4. Fat: 15 grams
5. Fiber: 12 grams
6. Protein: 106 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1040 milligrams
9. Sugar: 6 grams

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