

# Crock Pot Mexican Shredded Chicken

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pulled-chicken-crockpot-recipe>

## Ingredients:

- 4 pounds chicken whole or cut up
- 1 quart stewed tomatoes
- 2 teaspoons ground cumin
- 1 1/2 teaspoons chili powder
- 2 whole Anaheim chilies roasted
- 1/2 cup water
- 1 teaspoon salt
- 1 teaspoon pepper

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 295 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 94 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1510 milligrams
9. Sugar: 10 grams

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