



## CAFE RIO STYLE SHREDDED CHICKEN

 10 portions

## INGREDIENTS

- 28 oz chicken breast
- 2 cans Rotel-mild with diced tomatoes and green chiles
- 1 tsp of spices, chili powder [3 g]
- 1/4 tsp of salt, table [2 g]
- Juice of 1 lime

## COOKING METHOD

- <sup>1°</sup> Instructions: 1. Place all ingredients in crock pot, except lime juice. Cook on low for 5-6 hours or high for about 2 hours 2. shred chicken with a set of forks and place back in the crock pot to absorb the juices. 3. Optional: squeeze in lime juice prior to tasting. Serve with brown rice or on a salad.
- <sup>2°</sup> Portion size is 4 ounces chicken + any extra juice

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [161 g]	% DRI
ENERGY	74 kcal	119 kcal	6 %
FAT	1 g	2 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	39 mg	62 mg	21 %
SODIUM	196 mg	315 mg	13 %
CARBOHYDRATE	2 g	4 g	1 %
SUGARS	0 g	0 g	—
FIBER	1 g	1 g	3 %
PROTEIN	12 g	19 g	—