

# SLOW COOKER CHICKEN FAJITAS

## INGREDIENTS:

- 1 medium red bell pepper
- 1 medium yellow pepper
- 1 medium green pepper
- 1 medium onion
- 1 pound skinless chicken breasts
- 1/2 cup chicken broth
- 8 whole-wheat flour tortillas
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 1 teaspoon ground pepper

## DIRECTIONS

1. Mix the chili powder, cumin, paprika, onion powder, red pepper flakes, salt, and pepper.
2. Slice bell peppers and onions into 1/4-inch slices. Add to bottom of slow cooker.
3. Sprinkle fajita seasoning over bell peppers and onions in slow cooker. Add chicken breasts and chicken broth.
4. Cook on low for 4–6 hours or on high for 3–4 hours.
5. Remove chicken from the slow cooker and let cool slightly. Use two forks to shred the chicken. Add shredded chicken back into slow cooker and mix with peppers and onions.
6. Serve over tortillas with your choice of toppings.

## Nutrition Facts

Serving Size 8 (172g)  
Servings Per Container 8

Amount Per Serving

**Calories 220**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **8%**

**Saturated Fat 1.5g**      **8%**

**Trans Fat 0g**

**Cholesterol 30mg**      **10%**

**Sodium 450mg**      **19%**

**Total Carbohydrate 29g**      **10%**

**Dietary Fiber 3g**      **12%**

**Sugars 4g**

**Protein 16g**

**Vitamin A 10%**      • **Vitamin C 130%**

**Calcium 2%**      • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

