

Gluten Free Keto Friendly Creamy Mexican Chicken

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This is just a all around good thing to make, not only because you can do this in your **crock pot**, but because it is a nice and hearty meal. A bit of spice to it, yet rich and creamy and the bell peppers give it a nice little crunch to it.

What is not to like, it is low carb, gluten free, keto friendly and it's a creamy mexican chicken dish.



Ingredients:

- 4 or 5 boneless, skinless chicken breasts
- 1-2 cups of **enchilada sauce**
- 1 red pepper chopped
- 2 8 ounce packages of cream cheese softened.
- 4 cups of shredded cheddar or mexican style cheese

Directions:

1. Place chicken and enchilada sauce in the **crock pot** and cook on low for 8 or so hours until the chicken is 160 degrees.
2. Remove the chicken and cut into bite size pieces and return to **crock pot**
3. Stir in bell peppers, cream cheese and the shredded cheese into the **crock pot**
4. Cover the **crock pot** and cook for 30 more minutes on low, or until the cheese is melted.
5. Stir and serve.

Nutrition Facts

Servings 5.0

Amount Per Serving

calories 716

% Daily Value *

Total Fat 59 g 90 %

Saturated Fat 35 g 177 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 218 mg 73 %

Sodium 1365 mg 57 %

Potassium 79 mg 2 %

Total Carbohydrate 11 g 4 %

Dietary Fiber 2 g 7 %

Sugars 4 g

Protein 33 g 65 %

Vitamin A 58 %

Vitamin C 51 %

Calcium 71 %

Iron 4 %