

Gluten Free Keto Friendly Creamy Mexican Chicken

Posted At : January 13, 2017 5:14 PM | Posted By : Jason

Related Categories: chicken, cream cheese, Gluten Free Cooking, Low Carb, Cooking, Keto Cooking, Gluten Free Keto Cooking

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 %