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Slow Cooker Cafe Rio Chicken

This Slow Cooker Cafe Rio Chicken recipe is a delicious and easy-to-make dish. It is inspired by the popular Cafe Rio restaurant and is perfect for a family dinner or gathering with friends. The chicken is slow-cooked to perfection, resulting in tender and flavorful meat. It can be served as a main dish or used as a filling for tacos, burritos, or salads. The recipe is versatile and can be customized to suit individual preferences.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Chicken Breasts
2 tbsp	taco seasoning
1 c	ranch dressing
1 c	salsa

2 tbsp	Cilantro
2 tbsp	Lime juice
2 cloves	garlic
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Slow cooker

Place the chicken breasts in the slow cooker.

Prep Time: 5 mins

Cook Time: 127 mins

Step 2

In a small bowl, mix together the taco seasoning, ranch dressing, salsa, cilantro, lime juice, garlic, salt, and pepper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Pour the mixture over the chicken in the slow cooker.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Slow cooker

Cover the slow cooker and cook on low for 4 hours or until the chicken is cooked through and tender.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Remove the chicken from the slow cooker and shred it using two forks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Return the shredded chicken to the slow cooker and mix it with the cooking liquid.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serve the Slow Cooker Cafe Rio Chicken as a main dish or use it as a filling for tacos, burritos, or salads.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 8 g

Protein: 50 g

Carbohydrates: 7 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	45 mcg	81.82%	81.82%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Breads

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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