



Kidney-friendly

Crockpot Shredded Mexican Chicken

Makes 12 servings

**2 ¹/₄ lbs. boneless,
skinless chicken breast**

1 cup of diced onions

¹/₂ cup lime juice

1 tsp of chili powder

1 tsp of ground coriander

2 ¹/₂ tsp of cumin

1 ¹/₂ tsp of garlic powder

2 tsp of paprika

*If you have stage 4 or 5 CKD and are not on dialysis,
we recommend reducing serving size to 2 oz.*

Spray the bottom and sides of a crockpot with cooking oil.

Place onions on the bottom of the crockpot then add chicken, lime juice, and all spices.

Cook on high for 6 hours or until the chicken is done.

Shred chicken with 2 forks.

Enjoy!

Nutrition Facts Per Serving (3 oz of shredded chicken)	
Calories	116
Carbohydrates	3.2 g
Dietary Fiber	.6 g
Protein	19.6 g
Total Fat	2.4 g
Saturated Fat	0.5 mg
Sodium	47 mg
Potassium	347 mg
Calcium	16 mg
Phosphorus	183 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.