



## 15-Minute Chicken Chili

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



88 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 oz canned tomatoes diced green undrained canned
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 15.5 oz chili beans sauce canned
- 1 Tbsp cilantro leaves fresh chopped
- 2 Tbsp a.1. hickory sauce sweet
- 2.5 cups meat from a rotisserie chicken shredded cooked

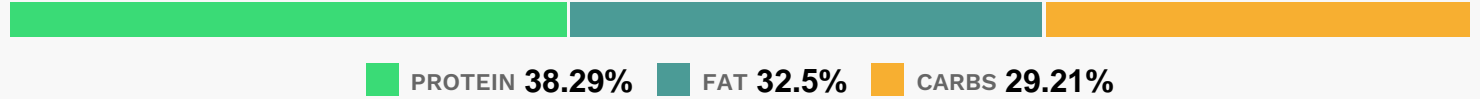
### Equipment

- sauce pan

## Directions

- Cook all ingredients except cheese and cilantro in saucepan on medium heat 5 min. or until heated through, stirring occasionally.
- Serve topped with the cheese and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:3.93, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.5673913243024%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 88.41kcal (4.42%), Fat: 3.15g (4.84%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.95g (1.8%), Sugar: 2.46g (2.74%), Cholesterol: 21.27mg (7.09%), Sodium: 305.56mg (13.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.69%), Phosphorus: 110.77mg (11.08%), Vitamin B3: 2.08mg (10.41%), Selenium: 7.21µg (10.29%), Vitamin B6: 0.2mg (9.92%), Zinc: 1.11mg (7.37%), Potassium: 223.83mg (6.4%), Vitamin B2: 0.11mg (6.19%), Fiber: 1.42g (5.68%), Iron: 1.02mg (5.65%), Magnesium: 21.19mg (5.3%), Copper: 0.1mg (5.07%), Calcium: 44.39mg (4.44%), Folate: 11.1µg (2.78%), Vitamin C: 2.26mg (2.74%), Vitamin B5: 0.26mg (2.65%), Vitamin B1: 0.04mg (2.39%), Vitamin B12: 0.11µg (1.84%), Vitamin A: 74.74IU (1.49%), Vitamin E: 0.22mg (1.46%)