



15-Minute Chicken Chili

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

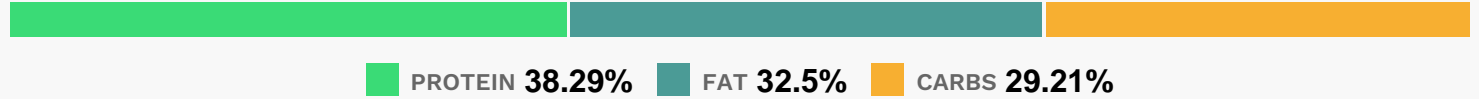
Equipment

- 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:14.75, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:17.12608691143%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 331.54kcal (16.58%), Fat: 11.8g (18.16%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 18.55g (6.74%), Sugar: 9.23g (10.26%), Cholesterol: 79.75mg (26.58%), Sodium: 1145.84mg (49.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.29g (62.58%), Phosphorus: 415.38mg (41.54%), Vitamin B3: 7.8mg (39.02%), Selenium: 27.02µg (38.6%), Vitamin B6: 0.74mg (37.2%), Zinc: 4.15mg (27.63%), Potassium: 839.36mg (23.98%), Vitamin B2: 0.39mg (23.23%), Fiber: 5.33g (21.3%), Iron: 3.81mg (21.19%), Magnesium: 79.45mg (19.86%), Copper: 0.38mg (19.02%), Calcium: 166.46mg (16.65%), Folate: 41.64µg (10.41%), Vitamin C: 8.49mg (10.29%), Vitamin B5: 0.99mg (9.93%), Vitamin B1: 0.13mg (8.95%), Vitamin B12: 0.41µg (6.91%), Vitamin A: 280.26IU (5.61%), Vitamin E: 0.82mg (5.47%), Manganese: 0.07mg (3.56%), Vitamin K: 3.14µg (2.99%)