



30-Minute Easy Chipotle Chicken Chili



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



1050 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado sliced for garnish
- ☐ 45 ounce beans white drained and rinsed canned (such as great northern or cannellini)
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 chipotles in adobo finely chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1.5 cups corn frozen thawed
- ☐ 1 tablespoon garlic clove minced
- ☐ 1 pound ground chicken

- ☐ 2 teaspoons ground cumin
- ☐ 2 to 2 chilies slit green finely chopped (or chilies)
- ☐ 4 servings kosher salt
- ☐ 4 servings lime
- ☐ 3 cups chicken broth low sodium homemade store-bought
- ☐ 3 tablespoons olive oil
- ☐ 1.8 cups onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 servings tortilla chips

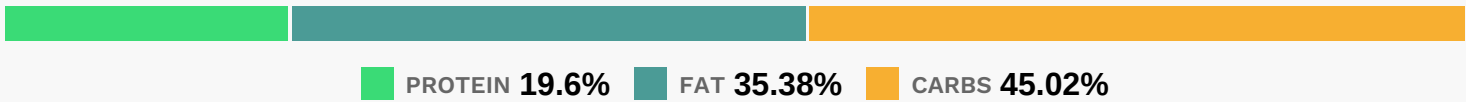
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In large saucepan or dutch oven, heat oil over medium heat until shimmering.
- ☐ Add onion and 1 teaspoon salt. Cook, stirring, until softened and beginning to turn golden, 6 to 8 minutes.
- ☐ Add jalapeños, garlic, cumin, oregano, and cayenne. Cook until fragrant, about 1 minute.
- ☐ Add chicken and cook until just cooked through, about 4 minutes.
- ☐ Add chipotle chilies, beans, and broth and bring to simmer. Simmer for about 10 to 15 minutes to let flavors meld.
- ☐ Add corn to just heat through. Season to taste. Stir in cilantro and serve with avocado, chips, and lime.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:18.79, Inflammation Score:-9, Nutrition Score:50.51217396363%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.33mg, Quercetin: 15.33mg, Quercetin: 15.33mg, Quercetin: 15.33mg

Nutrients (% of daily need)

Calories: 1049.9kcal (52.5%), Fat: 43.08g (66.28%), Saturated Fat: 7.68g (47.97%), Carbohydrates: 123.33g (41.11%), Net Carbohydrates: 94.82g (34.48%), Sugar: 6.46g (7.17%), Cholesterol: 97.52mg (32.51%), Sodium: 514.03mg (22.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.7g (107.41%), Fiber: 28.51g (114.03%), Manganese: 2.08mg (104.14%), Potassium: 3063.88mg (87.54%), Folate: 333.94µg (83.48%), Iron: 13.5mg (75.01%), Phosphorus: 745.57mg (74.56%), Vitamin B6: 1.38mg (69.07%), Magnesium: 273.67mg (68.42%), Vitamin B3: 12.33mg (61.65%), Copper: 1.21mg (60.34%), Vitamin E: 7.6mg (50.69%), Vitamin K: 51.7µg (49.24%), Zinc: 7.1mg (47.31%), Vitamin B1: 0.65mg (43.12%), Vitamin B2: 0.68mg (40.03%), Vitamin B5: 3.86mg (38.64%), Calcium: 328mg (32.8%), Vitamin C: 25.76mg (31.23%), Selenium: 19.55µg (27.93%), Vitamin B12: 0.81µg (13.53%), Vitamin A: 359.42IU (7.19%)