



Amateur's Light Breeze Chicken Chili



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



15

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce meat from a rotisserie chicken chunk undrained canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 32 ounce chili beans sauce drained canned
- ☐ 1.5 tablespoons chili powder
- ☐ 2 large bell peppers green seeded chopped
- ☐ 2 tablespoons ground cumin
- ☐ 12 ounce jalapeño peppers sliced
- ☐ 1 large onion chopped

- ☐ 15 servings salt to taste
- ☐ 43.5 ounce stewed tomatoes mexican-style canned

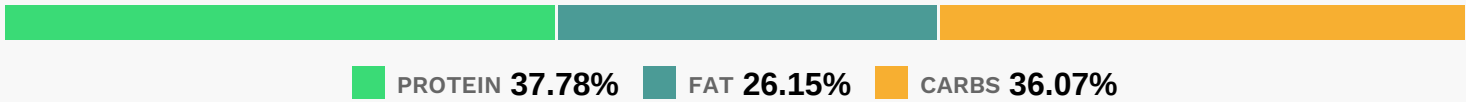
Equipment

- ☐ pot

Directions

- ☐ In a large stockpot, combine the chicken, chili beans, tomatoes, jalapenos, onion and green bell pepper. Season with chili powder and cumin.
- ☐ Pour in the chicken broth, and enough water to cover the ingredients. Stir well, and bring to a boil. Reduce heat to medium, and let simmer for one hour. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:4.93, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:15.415217469568%

Flavonoids

Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 220.87kcal (11.04%), Fat: 6.47g (9.95%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 15.17g (5.52%), Sugar: 8.03g (8.92%), Cholesterol: 32.6mg (10.87%), Sodium: 1144.44mg (49.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.05%), Vitamin C: 52.81mg (64.01%), Vitamin B6: 0.48mg (23.87%), Phosphorus: 228.9mg (22.89%), Iron: 3.89mg (21.61%), Zinc: 3.13mg (20.87%), Fiber: 4.9g (19.61%), Potassium: 681.16mg (19.46%), Selenium: 13.62µg (19.46%), Vitamin A: 837.03IU (16.74%), Copper: 0.32mg (16.05%), Magnesium: 60.18mg (15.05%), Vitamin E: 2.24mg (14.96%), Vitamin B3: 2.91mg (14.53%), Vitamin B2: 0.22mg (12.91%), Vitamin B12: 0.66µg (10.97%), Vitamin K: 10.46µg (9.96%), Folate: 31.65µg (7.91%), Manganese: 0.15mg (7.54%), Calcium: 73.25mg (7.32%), Vitamin B1: 0.1mg (6.34%), Vitamin B5: 0.21mg (2.06%)