



Buffalo Chicken Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper red yellow chopped
- ☐ 2 cups rotisserie chicken cut cubed (from 2- to 2 1/2-lb chicken)
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1 tablespoon chili powder
- ☐ 5 sauce of the chicken from the turbo broiler
- ☐ 30 oz pinto beans drained canned

- ☐ 28 oz canned tomatoes crushed undrained canned
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 0.5 cup celery sliced
- ☐ 0.5 cup cheese blue crumbled

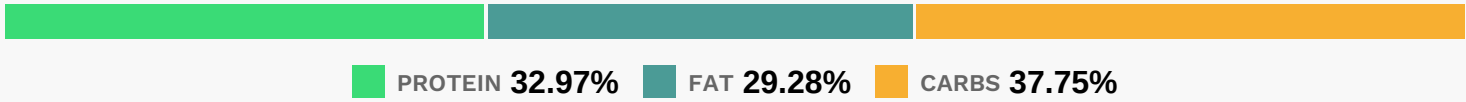
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium-high heat. Cook onion and bell pepper in oil about 5 minutes, stirring occasionally, until crisp-tender.
- ☐ Stir in remaining ingredients except celery and blue cheese.
- ☐ Heat to boiling; reduce heat to medium-low. Simmer uncovered 10 to 15 minutes, stirring occasionally.
- ☐ Serve topped with celery and blue cheese.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:10.12, Inflammation Score:-8, Nutrition Score:21.975652129754%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 399.73kcal (19.99%), Fat: 13.56g (20.86%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 28.33g (10.3%), Sugar: 10.47g (11.64%), Cholesterol: 84.93mg (28.31%), Sodium: 1256.54mg (54.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.35g (68.7%), Vitamin C: 67.35mg (81.63%), Fiber: 10.99g (43.98%), Manganese: 0.86mg (42.97%), Potassium: 1082.97mg (30.94%), Copper: 0.58mg (29.13%), Iron:

4.95mg (27.49%), Vitamin B6: 0.51mg (25.3%), Phosphorus: 250.58mg (25.06%), Vitamin E: 3.69mg (24.62%),
Magnesium: 92.31mg (23.08%), Calcium: 210.44mg (21.04%), Vitamin K: 20.4µg (19.42%), Folate: 75.68µg (18.92%),
Vitamin A: 934.54IU (18.69%), Vitamin B1: 0.24mg (15.97%), Vitamin B3: 3.12mg (15.59%), Vitamin B2: 0.23mg
(13.29%), Zinc: 1.73mg (11.53%), Vitamin B5: 0.95mg (9.47%), Selenium: 3.16µg (4.52%), Vitamin B12: 0.15µg (2.42%)