



Buffalo Chicken Chili



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cheese blue crumbled to taste
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 0.5 cup carrots diced
- ☐ 0.3 teaspoon cayenne
- ☐ 0.5 cup celery sliced
- ☐ 1 cup chicken broth
- ☐ 1 teaspoon cumin toasted

- ☐ 2 cloves garlic chopped
- ☐ 1 pound ground chicken
- ☐ 0.5 cup hot sauce to taste (or)
- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 0.5 teaspoon oregano
- ☐ 1 teaspoon paprika
- ☐ 4 servings salt and pepper to taste

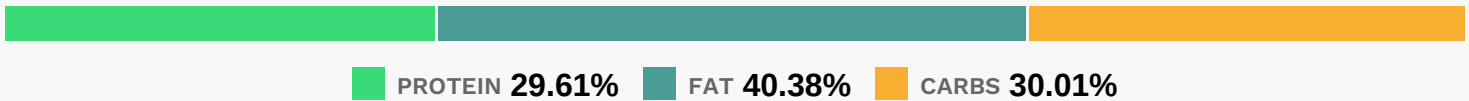
Equipment

- ☐ frying pan

Directions

- ☐ Cook the chicken in a large pan over medium heat and set aside.
- ☐ Heat the oil in the pan, add the onions, celery and carrots and cook until tender, about 10–15 minutes.
- ☐ Add the garlic and cumin and cook until fragrant, about a minute.
- ☐ Add the beer or broth and deglaze the pan.
- ☐ Add chicken, tomatoes, beans, paprika, oregano, cayenne and hot sauce and simmer for 15 minutes.
- ☐ Serve topped with crumbled blue cheese to taste.

Nutrition Facts



Properties

Glycemic Index:72.21, Glycemic Load:9.08, Inflammation Score:-10, Nutrition Score:32.18695640564%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin:

1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 486.95kcal (24.35%), Fat: 22.44g (34.52%), Saturated Fat: 8.67g (54.21%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 28.8g (10.47%), Sugar: 7.96g (8.85%), Cholesterol: 121.2mg (40.4%), Sodium: 1787.11mg (77.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.02g (74.04%), Vitamin A: 3546.46IU (70.93%), Vitamin B6: 1.02mg (50.91%), Phosphorus: 478.06mg (47.81%), Potassium: 1672.89mg (47.8%), Manganese: 0.94mg (47.06%), Vitamin C: 36.2mg (43.88%), Vitamin B3: 8.59mg (42.94%), Iron: 6.47mg (35.92%), Fiber: 8.73g (34.92%), Vitamin B2: 0.58mg (33.97%), Calcium: 313.17mg (31.32%), Magnesium: 118.31mg (29.58%), Copper: 0.58mg (29.05%), Zinc: 4.19mg (27.94%), Folate: 110.53µg (27.63%), Selenium: 18.99µg (27.13%), Vitamin B1: 0.37mg (24.78%), Vitamin B5: 2.42mg (24.2%), Vitamin E: 3.61mg (24.09%), Vitamin K: 21.59µg (20.56%), Vitamin B12: 1.01µg (16.88%)