



Cheater's Chicken Chili



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 1 teaspoon chili powder to taste
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion diced
- ☐ 1 pound rotisserie chicken cut diced
- ☐ 8 ounce salsa
- ☐ 0.3 cup water

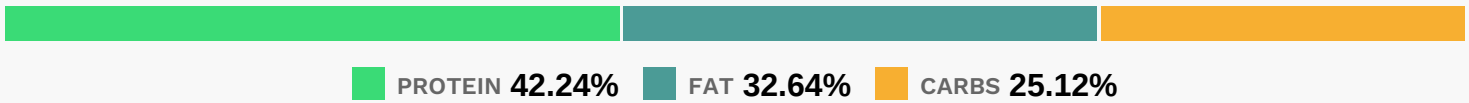
Equipment

☐ sauce pan

Directions

- ☐ Heat olive oil in a saucepan over medium heat; cook and stir onion in the hot oil until softened, 5 to 10 minutes.
- ☐ Add salsa and water to onion and bring to a boil. Reduce heat and simmer; add chicken, black beans, and chili powder and return to a simmer. Cover saucepan and simmer chili until chicken is heated through, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:9.4847826646722%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 359.69kcal (17.98%), Fat: 13.27g (20.41%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 14.21g (5.17%), Sugar: 2.8g (3.11%), Cholesterol: 108.86mg (36.29%), Sodium: 1183.23mg (51.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.63g (77.26%), Fiber: 8.76g (35.06%), Folate: 69.87µg (17.47%), Manganese: 0.34mg (16.9%), Potassium: 503.58mg (14.39%), Phosphorus: 138.45mg (13.84%), Iron: 2.39mg (13.29%), Copper: 0.25mg (12.68%), Magnesium: 47.98mg (12%), Vitamin B1: 0.18mg (11.75%), Vitamin E: 1.39mg (9.26%), Vitamin B6: 0.19mg (9.26%), Vitamin B2: 0.15mg (9.07%), Vitamin A: 424.93IU (8.5%), Vitamin B3: 1.37mg (6.84%), Vitamin C: 4.97mg (6.02%), Calcium: 58.38mg (5.84%), Zinc: 0.73mg (4.89%), Vitamin K: 5.07µg (4.83%), Vitamin B5: 0.33mg (3.31%), Selenium: 2.06µg (2.95%)