



Chicken and Corn Chili



Gluten Free



Dairy Free

READY IN



735 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce regular corn mexican-style canned
- ☐ 15 ounce pinto beans canned
- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings ground pepper black to taste
- ☐ 16 ounce salsa
- ☐ 6 servings salt to taste

☐ 4 chicken breast halves boneless skinless

Equipment

☐ pot

☐ slow cooker

Directions

- ☐ Place chicken and salsa in the slow cooker the night before you want to eat this chili. Season with garlic powder, cumin, chili powder, salt, and pepper. Cook 6 to 8 hours on Low setting.
- ☐ About 3 to 4 hours before you want to eat, shred the chicken with 2 forks. Return the meat to the pot, and continue cooking.
- ☐ Stir the corn and the pinto beans into the slow cooker. Simmer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:3.42, Inflammation Score:-6, Nutrition Score:14.528260925542%

Nutrients (% of daily need)

Calories: 210.13kcal (10.51%), Fat: 3.37g (5.18%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 18.84g (6.85%), Sugar: 3.66g (4.07%), Cholesterol: 48.21mg (16.07%), Sodium: 1058.41mg (46.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.51%), Vitamin B3: 9.36mg (46.81%), Vitamin B6: 0.77mg (38.75%), Selenium: 25.12µg (35.88%), Phosphorus: 275.87mg (27.59%), Potassium: 755.44mg (21.58%), Manganese: 0.39mg (19.55%), Fiber: 4.89g (19.55%), Magnesium: 62.69mg (15.67%), Vitamin B5: 1.33mg (13.34%), Iron: 2.1mg (11.66%), Vitamin E: 1.62mg (10.77%), Copper: 0.21mg (10.67%), Vitamin A: 489.09IU (9.78%), Folate: 38.73µg (9.68%), Vitamin B1: 0.13mg (8.45%), Zinc: 1.19mg (7.95%), Vitamin B2: 0.12mg (7.32%), Calcium: 64.84mg (6.48%), Vitamin K: 5.35µg (5.1%), Vitamin C: 3.76mg (4.56%), Vitamin B12: 0.15µg (2.51%)