 6%
HEALTH SCORE

Chicken and Roasted Poblano Chili

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



61

CALORIES



67 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce apple juice
- 1 slices lime wedges
- 2 bay leaves
- 14.5 ounce canned tomatoes diced canned
- 28 ounce chicken broth canned
- 1 tablespoon chili powder
- 0.5 teaspoon marjoram dried
- 1 teaspoon fennel bulb dried

- 0.3 cup cilantro leaves fresh chopped
- 4 garlic clove minced
- 2 teaspoons ground cumin
- 30 ounce cannellini beans rinsed drained canned (or combination)
- 2 tablespoons olive oil divided
- 0.5 teaspoon pepper freshly ground plus more to taste
- 2 poblano pepper
- 2 teaspoons sea salt plus more to taste
- 4 cups chicken shredded cooked
- 1 large onion yellow chopped

Equipment

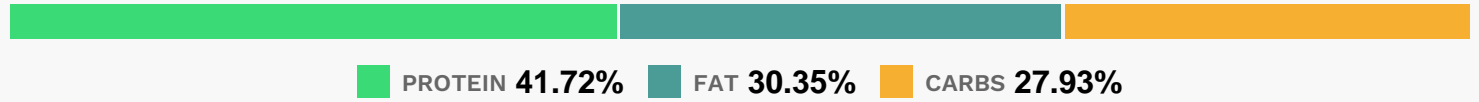
- baking sheet
- sauce pan
- oven
- aluminum foil
- dutch oven

Directions

- Preheat oven to 50
- Line a rimmed baking sheet with foil; add poblano chiles, and coat with 1 teaspoon olive oil. Roast at 500 for 15 to 20 minutes or until peppers look blistered, turning several times.
- Remove and let cool enough to handle. Peel and remove seeds. Do not rinse. Chop peppers.
- Heat remaining 2 tablespoons oil in a large heavy saucepan or Dutch oven over medium heat; add onion. Reduce heat to low, and cook, stirring often, 10 minutes or until onion is tender.
- Add garlic, and cook, stirring constantly, about 1 minute. Stir in chili powder and next 5 ingredients.
- Add chopped poblanos. Cook, stirring constantly, for about 2 minutes. Stir in apple juice, broth, and tomatoes. Bring to a low boil over medium-high heat, and reduce heat to low. Simmer, uncovered, about 30 minutes, stirring occasionally.

- Add bay leaves, beans, and chicken, and cook 10 minutes more, stirring occasionally.
- Remove bay leaves, and stir in cilantro; season with additional salt and pepper, if desired.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:3.5373913140401%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 66.98kcal (3.35%), Fat: 2.25g (3.47%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.96g (1.07%), Cholesterol: 13.39mg (4.46%), Sodium: 157.81mg (6.86%), Alcohol: 0g (100%), Protein: 6.97g (13.94%), Selenium: 5.34µg (7.63%), Phosphorus: 65.64mg (6.56%), Vitamin B3: 1.26mg (6.3%), Manganese: 0.11mg (5.41%), Vitamin B6: 0.11mg (5.35%), Vitamin C: 4.26mg (5.17%), Fiber: 1.29g (5.15%), Iron: 0.77mg (4.26%), Folate: 16.8µg (4.2%), Zinc: 0.63mg (4.19%), Potassium: 135.78mg (3.88%), Magnesium: 14.14mg (3.54%), Copper: 0.07mg (3.28%), Vitamin B12: 0.16µg (2.61%), Vitamin B1: 0.04mg (2.55%), Vitamin B2: 0.04mg (2.51%), Vitamin A: 100.59IU (2.01%), Calcium: 17.68mg (1.77%), Vitamin E: 0.26mg (1.75%), Vitamin K: 1.66µg (1.58%), Vitamin B5: 0.16mg (1.57%)