



Chicken-and-Three-Bean Chili Verde

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



96 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 slices monterrey jack cheese fresh shredded
- ☐ 15 oz black beans drained and rinsed canned
- ☐ 15 oz kidney beans drained and rinsed canned
- ☐ 15 oz navy beans drained and rinsed canned
- ☐ 1 extra large chicken stock cube
- ☐ 1 tablespoon chili powder
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 16 oz corn whole white frozen

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 3 poblano pepper seeded chopped
- ☐ 2 teaspoons salt
- ☐ 3 lb tomatillos fresh
- ☐ 2 cups tortilla chips crushed

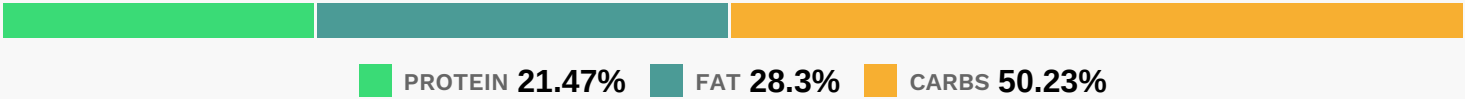
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Bring first 3 ingredients and 3 cups water to a boil in a 3-qt. saucepan; boil 10 minutes.
- ☐ Meanwhile, saut onion and peppers in hot oil in a large Dutch oven over medium-high heat 4 minutes or until tender.
- ☐ Add corn; saut 2 minutes.
- ☐ Add chili powder and cumin; saut 4 minutes.
- ☐ Remove tomatillo mixture from heat, and cool 5 minutes. Process mixture in a blender until smooth.
- ☐ Add chicken, beans, and tomatillo mixture to Dutch oven. Cook, stirring occasionally, 15 minutes. Stir in tortilla chips and next 4 ingredients; cook 5 minutes or until tortilla chips are soft.
- ☐ Serve with desired toppings.
- ☐ Note: We tested with Knorr Extra Large Chicken Bouillon Cubes.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:5.2308695557649%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 96.07kcal (4.8%), Fat: 3.11g (4.78%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 9.66g (3.51%), Sugar: 1.81g (2.02%), Cholesterol: 7.57mg (2.52%), Sodium: 275.14mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin C: 11.15mg (13.51%), Fiber: 2.76g (11.05%), Phosphorus: 85.02mg (8.5%), Manganese: 0.16mg (8.23%), Vitamin B3: 1.64mg (8.2%), Potassium: 231.31mg (6.61%), Magnesium: 25.98mg (6.5%), Vitamin K: 6.56µg (6.25%), Vitamin B6: 0.12mg (5.81%), Folate: 22.04µg (5.51%), Iron: 0.99mg (5.48%), Selenium: 3.65µg (5.21%), Copper: 0.1mg (4.98%), Vitamin B1: 0.07mg (4.81%), Vitamin E: 0.57mg (3.79%), Zinc: 0.54mg (3.59%), Vitamin B2: 0.06mg (3.57%), Vitamin A: 138.95IU (2.78%), Calcium: 27.5mg (2.75%), Vitamin B5: 0.26mg (2.62%)