



Chicken and White Bean Chili



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 tablespoons chili powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 6 garlic clove chopped
- ☐ 1 large bell pepper green chopped
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 1.3 cups onion chopped
- ☐ 1 tablespoon oregano dried

- ☐ 2.3 pounds chicken thighs boneless skinless cut into 1/2-inch cubes
- ☐ 2 tablespoons tomato paste
- ☐ 30 ounce tomatoes diced canned
- ☐ 30 beans white drained canned

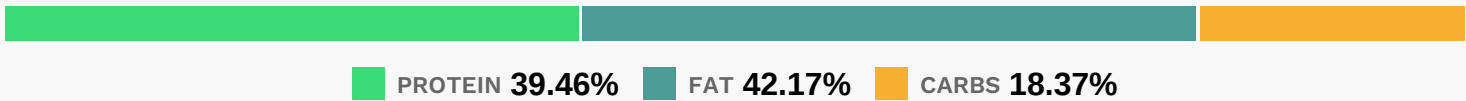
Equipment

- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add onion, bell pepper, and garlic; sauté until vegetables begin to soften, about 5 minutes.
- ☐ Add chicken; sprinkle with salt and pepper. Sauté until chicken is no longer pink outside, about 5 minutes.
- ☐ Mix in chili powder, tomato paste, cumin, and oregano.
- ☐ Add beans, 1 cup reserved bean juices, and canned tomatoes. Simmer until chicken is cooked through and chili is thickened, about 25 minutes. If chili is too thick, add more bean juices by tablespoonfuls to thin. Season chili to taste with salt and pepper.
- ☐ Mix in cilantro and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:27.573043491529%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 360.98kcal (18.05%), Fat: 17.25g (26.53%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 11.7g (4.25%), Sugar: 6.64g (7.37%), Cholesterol: 161.59mg (53.86%), Sodium: 478.49mg (20.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.31g (72.62%), Vitamin B6: 1.18mg (59.21%), Selenium: 40.59µg (57.98%), Vitamin B3: 11.51mg (57.57%), Vitamin C: 40.38mg (48.95%), Phosphorus: 396.32mg (39.63%), Vitamin A: 1890.63IU (37.81%), Vitamin E: 4.95mg (33.01%), Vitamin K: 31.76µg (30.25%), Potassium: 1003.54mg (28.67%), Iron: 5.15mg (28.61%), Vitamin B2: 0.46mg (27.28%), Vitamin B5: 2.37mg (23.73%), Manganese: 0.47mg (23.68%), Zinc: 3.3mg (21.97%), Fiber: 5.2g (20.82%), Magnesium: 80.35mg (20.09%), Vitamin B1: 0.28mg (18.95%), Vitamin B12: 1.09µg (18.14%), Copper: 0.33mg (16.57%), Calcium: 121.01mg (12.1%), Folate: 36.62µg (9.16%)