



Chicken-and-White Bean Chili with Pumpkin

 Gluten Free  Dairy Free

READY IN



57 min.

SERVINGS



25

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 3 cups butternut squash cubed peeled
- 15.5 ounce cannellini beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 0.1 teaspoon ground pepper
- 28 ounce chicken broth canned
- 2 tablespoons chili powder
- 25 servings cilantro leaves fresh sour sliced chopped

- 2 garlic clove minced
- 1 tablespoon ground cumin
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil
- 1 onion chopped
- 0.5 teaspoon oregano dried
- 1 bell pepper red chopped
- 0.8 teaspoon salt
- 1 pound chicken breast boneless skinless cubed
- 2 tablespoons tomato paste

Equipment

- bowl
- pot

Directions

- Stir together first 5 ingredients in a small bowl.
- Combine chicken and 1 tablespoon spice mixture in a medium bowl, and toss to coat. Set aside remaining spice mixture.
- Heat olive oil in a large soup pot over medium heat; add chicken and cook, stirring often, 5 minutes or until no longer pink.
- Transfer to a plate.
- Add onion, bell pepper, and jalapeo to soup pot; cook over medium heat, stirring often, 5 minutes or until vegetables are softened. Stir in garlic and reserved spice mixture; cook, stirring constantly, 1 minute.
- Add pumpkin and next 5 ingredients to soup pot. Bring soup to a boil, reduce heat, and simmer, covered, 25 minutes or until pumpkin is tender. Return chicken to pot; simmer 2 minutes or until heated through.
- Remove from heat, and stir in lime juice.

Garnish, if desired. Will keep, covered in refrigerator, up to 3 days.

Nutrition Facts

PROTEIN 44.2% **FAT 27.83%** **CARBS 27.97%**

Properties

Glycemic Index:13.64, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:9.7756522362647%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 125.02kcal (6.25%), Fat: 3.89g (5.99%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 6.79g (2.47%), Sugar: 1.79g (1.99%), Cholesterol: 27.49mg (9.16%), Sodium: 288.64mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.83%), Vitamin A: 2262.64IU (45.25%), Selenium: 12.39µg (17.7%), Vitamin B3: 3.27mg (16.34%), Vitamin C: 13.11mg (15.9%), Vitamin B6: 0.3mg (15.15%), Phosphorus: 121.02mg (12.1%), Potassium: 354.31mg (10.12%), Manganese: 0.2mg (10.06%), Iron: 1.7mg (9.47%), Zinc: 1.24mg (8.26%), Vitamin E: 1.22mg (8.15%), Magnesium: 32.52mg (8.13%), Fiber: 2.02g (8.08%), Copper: 0.12mg (6.08%), Vitamin B12: 0.35µg (5.9%), Folate: 23.29µg (5.82%), Vitamin B2: 0.08mg (4.92%), Vitamin B1: 0.07mg (4.49%), Vitamin B5: 0.44mg (4.38%), Vitamin K: 4.47µg (4.26%), Calcium: 39.52mg (3.95%)