



Chicken Chili

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce canned tomatoes canned
- ☐ 2 pounds rotisserie-cooked chicken
- ☐ 4 servings garnish: cilantro; cream fresh sour chopped
- ☐ 0.3 cup dry-roasted peanuts
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 2 garlic cloves peeled
- ☐ 1 teaspoon ground cumin
- ☐ 4 guajillo chiles dried

- ☐ 15 ounce pink beans in sauce canned (preferably Goya)
- ☐ 10 fluid ounces chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 0.8 inch crosswise of a onion white
- ☐ 0.3 teaspoon salt to taste

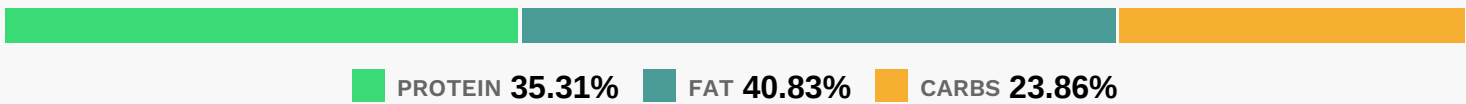
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Purée broth, tomatoes with their juice, chiles, onion, garlic, cilantro, peanuts, cumin, and salt in a blender until smooth, about 2 minutes.
- ☐ Heat oil in a wide 3- to 4-quart heavy saucepan over moderately high heat until hot but not smoking, then pour in sauce and boil, uncovered, stirring occasionally, 5 minutes.
- ☐ Meanwhile, coarsely shred chicken, discarding skin and bones.
- ☐ Stir chicken and beans with their sauce into chili, then reduce heat to moderately low and simmer, covered, 10 minutes.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.2, Inflammation Score:-8, Nutrition Score:28.468260998311%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 733.84kcal (36.69%), Fat: 33.09g (50.9%), Saturated Fat: 9.42g (58.88%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 39.66g (14.42%), Sugar: 30.96g (34.4%), Cholesterol: 187.05mg (62.35%), Sodium: 1793.24mg (77.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.37g (128.74%), Vitamin B3: 21.83mg (109.15%), Selenium: 57.9µg (82.72%), Vitamin B6: 1.17mg (58.37%), Phosphorus: 544.84mg (54.48%), Vitamin A: 1595.35IU (31.91%), Potassium: 1050.34mg (30.01%), Vitamin B2: 0.49mg (28.94%), Iron: 5.06mg (28.1%), Zinc: 4.1mg (27.31%), Vitamin B5: 2.7mg (27%), Manganese: 0.52mg (25.76%), Magnesium: 90.45mg (22.61%), Copper: 0.43mg (21.61%), Vitamin K: 19.99µg (19.04%), Vitamin B1: 0.26mg (17.17%), Vitamin E: 2.56mg (17.09%), Fiber: 3.85g (15.4%), Vitamin C: 11.4mg (13.82%), Vitamin B12: 0.76µg (12.59%), Folate: 39.55µg (9.89%), Calcium: 93.49mg (9.35%), Vitamin D: 0.24µg (1.6%)