

Chicken Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery thinly sliced
- ☐ 1 pound chicken breast raw freshly ground
- ☐ 2 tablespoons chili powder
- ☐ 1.5 tablespoons cider vinegar
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 cups bell pepper green chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper red

- ☐ 2 teaspoons honey
- ☐ 30 ounce no-salt-added kidney beans drained canned
- ☐ 14.3 ounce no-salt-added chicken broth canned
- ☐ 29 ounce no-salt-added tomatoes whole undrained chopped canned
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 1.5 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vegetable oil

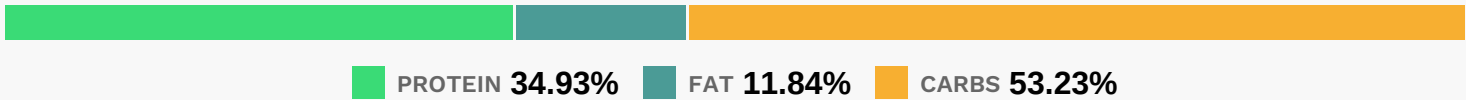
Equipment

- ☐ dutch oven

Directions

- ☐ Coat a Dutch oven with cooking spray; add oil.
- ☐ Place over medium heat until hot.
- ☐ Add chicken and next 4 ingredients; cook 8 to 10 minutes or until chicken is no longer pink, stirring until it crumbles.
- ☐ Add kidney beans and remaining ingredients; stir well. Bring to a boil; reduce heat, and simmer, uncovered, 35 minutes.

Nutrition Facts



Properties

Glycemic Index:43.26, Glycemic Load:9.02, Inflammation Score:-9, Nutrition Score:31.971739261047%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin:

18.82mg, Quercetin: 18.82mg, Quercetin: 18.82mg, Quercetin: 18.82mg

Nutrients (% of daily need)

Calories: 356.5kcal (17.83%), Fat: 4.9g (7.53%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 49.5g (16.5%), Net Carbohydrates: 34.48g (12.54%), Sugar: 8.82g (9.81%), Cholesterol: 48.38mg (16.13%), Sodium: 573.92mg (24.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.97%), Fiber: 15.03g (60.1%), Vitamin C: 49.53mg (60.04%), Vitamin B3: 11.29mg (56.45%), Vitamin B6: 1.12mg (56.23%), Folate: 217.3µg (54.32%), Manganese: 1.06mg (53.2%), Phosphorus: 453.27mg (45.33%), Potassium: 1432.83mg (40.94%), Iron: 7.31mg (40.6%), Selenium: 27.3µg (38.99%), Copper: 0.62mg (31.24%), Magnesium: 122.5mg (30.62%), Vitamin K: 28.44µg (27.08%), Vitamin A: 1335.16IU (26.7%), Vitamin B1: 0.4mg (26.37%), Vitamin B2: 0.32mg (18.82%), Zinc: 2.62mg (17.44%), Vitamin B5: 1.71mg (17.15%), Vitamin E: 2.51mg (16.74%), Calcium: 128.45mg (12.85%), Vitamin B12: 0.22µg (3.64%)