



Chicken Chili Bean Chowder



Gluten Free



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 4 cups chicken broth
- ☐ 32 ounce chili beans sauce drained canned
- ☐ 4 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup corn frozen thawed drained
- ☐ 3 cloves garlic chopped
- ☐ 4 ounce chilis diced green canned

- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon onion flakes
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup chicken shredded cooked
- ☐ 2 cups milk whole

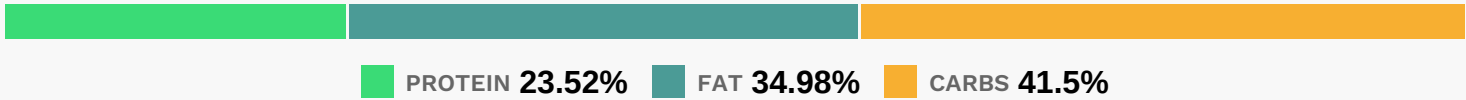
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Heat oil in a 4-quart saucepan or dutch-oven over medium heat.
- ☐ Add onion flakes, celery, carrot and garlic. Cook 5 minutes; stir often.If you don't already have cooked chicken;
- ☐ Heat a skillet to medium and drizzle about a tablespoon of olive oil into the pan and allow to heat through.
- ☐ Place cut up chicken breast (I used 4 small breasts) in pan and allow to cook for 7 or 8 minutes or until brown and golden. Flip and repeat until chicken breast is cooked.
- ☐ Add chicken, beans, chiles, cumin, broth and milk to pot and bring to a simmer. Cook 25 to 30 minutes.
- ☐ Serve topped with cilantro and cheese.

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:16.162608664969%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 287.83kcal (14.39%), Fat: 11.34g (17.44%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 24.28g (8.83%), Sugar: 10.12g (11.24%), Cholesterol: 36.92mg (12.31%), Sodium: 1454.18mg (63.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.3%), Phosphorus: 367.57mg (36.76%), Vitamin A: 1595.34IU (31.91%), Vitamin B2: 0.44mg (26.14%), Vitamin B6: 0.52mg (25.92%), Zinc: 3.6mg (24.03%), Fiber: 5.99g (23.95%), Calcium: 233.41mg (23.34%), Potassium: 808.13mg (23.09%), Magnesium: 77.47mg (19.37%), Copper: 0.34mg (17.15%), Selenium: 11.85µg (16.92%), Iron: 3mg (16.64%), Folate: 53.7µg (13.42%), Vitamin B3: 2.67mg (13.35%), Vitamin C: 9.76mg (11.83%), Vitamin B1: 0.16mg (10.33%), Vitamin B12: 0.56µg (9.41%), Manganese: 0.15mg (7.31%), Vitamin B5: 0.59mg (5.88%), Vitamin D: 0.76µg (5.04%), Vitamin E: 0.75mg (5.02%), Vitamin K: 5.18µg (4.93%)