



Chicken Chili I

 **Gluten Free**  **Dairy Free**

READY IN



220 min.

SERVINGS



12

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 58 ounce chicken broth canned
- 5 cups chicken meat cooked chopped
- 16 ounce navy beans dried
- 2 cloves garlic minced
- 8 ounce chile peppers diced green canned
- 0.5 teaspoon ground cloves
- 1 tablespoon ground cumin
- 1 teaspoon ground pepper black

- 1 jalapeno minced seeded
- 1 onion chopped
- 1 tablespoon oregano dried
- 1 teaspoon salt
- 1 cup water

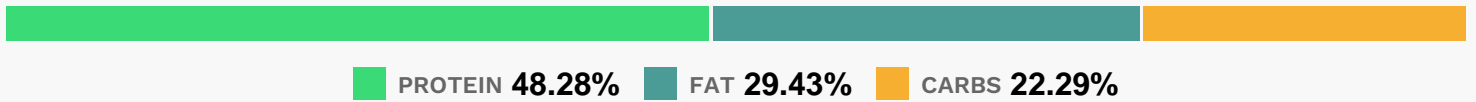
Equipment

- dutch oven

Directions

- Sort and wash beans.
- Place beans, broth, onion, garlic, black pepper, oregano, cumin, and ground cloves in a Dutch oven. Bring to a boil. Cover, reduce heat, and simmer for 2 hours.
- Stir in chicken, chilies, water, salt, and jalapeno. Bring to a boil. Cover, reduce heat, and simmer for 1 hour; stirring often.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:0.28, Inflammation Score:-8, Nutrition Score:24.37130428138%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 490.64kcal (24.53%), Fat: 15.75g (24.22%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 16.79g (6.11%), Sugar: 1.94g (2.16%), Cholesterol: 112.26mg (37.42%), Sodium: 977.59mg (42.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.12g (116.25%), Selenium: 43.96µg (62.8%), Phosphorus: 484.76mg (48.48%), Vitamin B3: 8.91mg (44.53%), Fiber: 10.04g (40.17%), Folate: 156.61µg (39.15%), Zinc: 5.77mg (38.49%), Vitamin B6: 0.71mg (35.67%), Manganese: 0.68mg (33.83%), Iron: 5.36mg (29.76%),

Magnesium: 110.06mg (27.52%), Vitamin B12: 1.54µg (25.66%), Potassium: 848.08mg (24.23%), Vitamin B1: 0.34mg (22.72%), Copper: 0.44mg (21.77%), Vitamin B2: 0.3mg (17.56%), Vitamin C: 8.73mg (10.58%), Calcium: 104.99mg (10.5%), Vitamin B5: 0.89mg (8.89%), Vitamin K: 7.37µg (7.02%), Vitamin A: 317.55IU (6.35%), Vitamin E: 0.59mg (3.95%)