



## Chicken-Chili Stew

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

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 ounce chiles green chopped canned
- 15 ounce kidney beans rinsed drained canned
- 2 tablespoons chili powder
- 15 ounce chunky chili tomato sauce undrained canned
- 1 cup whole-kernel corn frozen
- 2 cups less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh chopped
- 1.5 cups onion frozen chopped

0.8 pound chicken breast halves boneless skinless cut into 1-inch pieces

## Equipment

dutch oven

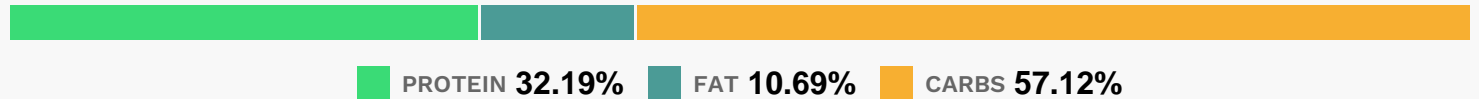
## Directions

Combine first 6 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 10 minutes.

Add beans and chicken; cover and simmer 10 additional minutes.

Remove from heat; add cilantro.

## Nutrition Facts



## Properties

Glycemic Index:13.88, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:13.545217359843%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

## Nutrients (% of daily need)

Calories: 177.55kcal (8.88%), Fat: 2.16g (3.32%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 19.97g (7.26%), Sugar: 10.47g (11.63%), Cholesterol: 27.22mg (9.07%), Sodium: 1269.36mg (55.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.26%), Vitamin B3: 6.44mg (32.21%), Vitamin B6: 0.56mg (27.97%), Fiber: 5.99g (23.98%), Selenium: 16.76µg (23.94%), Vitamin C: 17.59mg (21.32%), Vitamin A: 1030.87IU (20.62%), Phosphorus: 205.65mg (20.57%), Potassium: 639.73mg (18.28%), Manganese: 0.27mg (13.28%), Vitamin E: 1.91mg (12.75%), Iron: 2.01mg (11.18%), Folate: 43.64µg (10.91%), Vitamin B1: 0.16mg (10.91%), Magnesium: 43.36mg (10.84%), Vitamin B2: 0.18mg (10.47%), Copper: 0.21mg (10.45%), Vitamin B5: 0.89mg (8.87%), Vitamin K: 8.81µg (8.39%), Zinc: 0.89mg (5.95%), Calcium: 50.63mg (5.06%), Vitamin B12: 0.2µg (3.31%)