



Chicken Chili with Pesto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup chiles green canned chopped
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 1.5 cups carrots finely chopped
- ☐ 0.8 cup celery thinly sliced
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.8 cup onion finely chopped

- ☐ 0.8 teaspoon oregano dried
- ☐ 3 tablespoons classic pesto
- ☐ 0.8 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 2 teaspoons vegetable oil

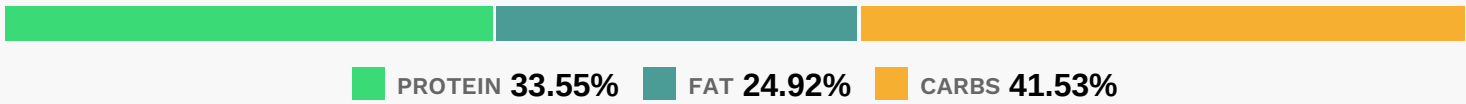
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and chicken; saut 5 minutes.
- ☐ Add carrot, bell pepper, and celery; saut 4 minutes.
- ☐ Add chiles and the next 6 ingredients (chiles though broth); bring to a boil.
- ☐ Cover, reduce heat, and simmer 25 minutes. Stir in Classic Pesto.
- ☐ Note: The chili and pesto can be made ahead and frozen for up to 3 months. Prepare and freeze 3 tablespoons Classic Pesto. Prepare the chili without Classic Pesto, and spoon into a freezer-safe container. Cool completely in refrigerator; cover and freeze. Thaw chili and pesto in refrigerator.
- ☐ Place chili in a large skillet; cook over medium-low heat until thoroughly heated, stirring occasionally. Stir in Classic Pesto.

Nutrition Facts



Properties

Glycemic Index:52.71, Glycemic Load:8.36, Inflammation Score:-10, Nutrition Score:28.716956690602%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 339.27kcal (16.96%), Fat: 9.48g (14.58%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 26.82g (9.75%), Sugar: 5.84g (6.49%), Cholesterol: 55.33mg (18.44%), Sodium: 860.78mg (37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.43%), Vitamin A: 9252.39IU (185.05%), Vitamin C: 45.42mg (55.05%), Vitamin B3: 10.5mg (52.48%), Vitamin B6: 0.95mg (47.48%), Selenium: 31.65µg (45.22%), Manganese: 0.8mg (40.08%), Fiber: 8.72g (34.86%), Potassium: 1185.8mg (33.88%), Phosphorus: 333.26mg (33.33%), Folate: 118.24µg (29.56%), Iron: 4.71mg (26.15%), Magnesium: 97.55mg (24.39%), Vitamin K: 23.42µg (22.3%), Vitamin B5: 1.86mg (18.6%), Copper: 0.36mg (17.79%), Vitamin B1: 0.24mg (15.88%), Calcium: 153.34mg (15.33%), Vitamin E: 2.13mg (14.23%), Zinc: 2.08mg (13.84%), Vitamin B2: 0.22mg (13.21%), Vitamin B12: 0.38µg (6.26%)