



## Chicken-Corn Chili

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 ounce chiles green drained chopped canned
- 0.5 cup cilantro leaves fresh chopped
- 1 cup regular corn frozen thawed
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 1 large jalapeno sliced chopped for less heat ()
- 2 cups chicken broth low-sodium
- 1 tablespoon olive oil extra-virgin

- 1 small onion chopped
- 30 ounce pinto beans white drained and rinsed undrained canned (1;1)
- 2 cups rotisserie chicken cut shredded
- 1 cup cheddar cheese shredded white

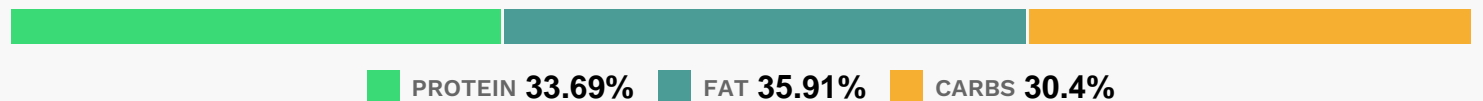
## Equipment

- bowl
- pot
- potato masher

## Directions

- Heat the olive oil in a large pot over medium heat.
- Add the onion and cook, stirring, until slightly soft, about 3 minutes.
- Add the garlic, chopped jalapeno, green chiles and cumin and cook, stirring, until the cumin is toasted, about 2 minutes. Stir in the chicken broth, chicken and beans along with the liquid from one of the cans of beans. Bring to a boil, then reduce the heat to medium low and simmer, stirring occasionally, until thickened, about 15 minutes.
- Using a potato masher, mash the chili until about half of the beans are broken up. Stir in the corn, cilantro and 1/2 cup cheese. Divide the chili among bowls and top with the remaining 1/2 cup cheese and the sliced jalapeno.
- Serve with sour cream and cornbread, if desired.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:10.86, Inflammation Score:-7, Nutrition Score:19.731304433035%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

## Nutrients (% of daily need)

Calories: 616.05kcal (30.8%), Fat: 25.23g (38.81%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 36.1g (13.13%), Sugar: 3.37g (3.74%), Cholesterol: 141.81mg (47.27%), Sodium: 1317.96mg (57.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.26g (106.52%), Fiber: 11.95g (47.81%), Phosphorus: 411.14mg (41.11%), Manganese: 0.82mg (41.02%), Calcium: 329.43mg (32.94%), Potassium: 923.02mg (26.37%), Iron: 4.53mg (25.19%), Vitamin C: 20.65mg (25.03%), Magnesium: 98.31mg (24.58%), Folate: 94.38µg (23.59%), Copper: 0.46mg (22.84%), Zinc: 2.75mg (18.31%), Vitamin B6: 0.36mg (17.8%), Vitamin B3: 3.19mg (15.96%), Vitamin B2: 0.25mg (14.85%), Vitamin E: 2.12mg (14.16%), Vitamin K: 14.22µg (13.54%), Selenium: 8.77µg (12.53%), Vitamin B1: 0.18mg (12.07%), Vitamin A: 499.96IU (10%), Vitamin B12: 0.42µg (6.96%), Vitamin B5: 0.6mg (6.03%), Vitamin D: 0.17µg (1.13%)