



Chicken Mole Chili

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

READY IN



30 min.

SERVINGS



5

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion chopped
- 2 cups chicken broth (from 32-oz carton)
- 16 oz salsa thick
- 30 oz pinto beans rinsed drained canned
- 4 oz chilis green undrained chopped canned
- 1.3 oz chili seasoning
- 1 oz baker's chocolate grated

- 0.1 teaspoon ground cinnamon
- 2 cups chicken shredded cooked
- 1 serving tortilla chips

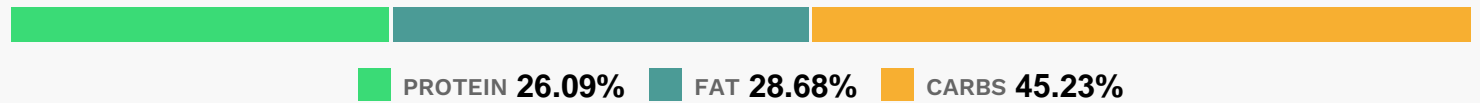
Equipment

- sauce pan

Directions

- In 4-quart saucepan, heat oil over medium-high heat. Cook onion in oil 2 minutes, stirring frequently, until tender.
- Add remaining ingredients except chicken and green onions; heat to boiling, stirring occasionally. Reduce heat to low; cover and simmer 10 to 15 minutes to blend flavors.
- Stir in chicken; cook 2 to 3 minutes or until chicken is hot. Top each serving with green onions.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:8.96, Inflammation Score:-10, Nutrition Score:27.132174056509%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 381.5kcal (19.08%), Fat: 12.89g (19.83%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 31.61g (11.49%), Sugar: 7.78g (8.65%), Cholesterol: 43.88mg (14.63%), Sodium: 1557.58mg (67.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.54mg (1.51%), Protein: 26.39g (52.77%), Vitamin A: 3980.64IU (79.61%), Fiber: 14.13g (56.52%), Manganese: 1.1mg (54.76%), Vitamin B6: 0.74mg (37.21%), Phosphorus: 366.14mg (36.61%), Iron: 6.57mg (36.49%), Vitamin B3: 7.11mg (35.54%), Potassium: 1140.09mg (32.57%), Copper: 0.63mg (31.62%), Vitamin E: 4.63mg (30.85%), Magnesium: 122.44mg (30.61%), Selenium: 16.35µg (23.36%), Zinc: 3.06mg (20.38%), Vitamin K: 19.94µg (18.99%), Vitamin B2: 0.31mg (18.01%), Folate: 71.31µg (17.83%), Calcium:

159.75mg (15.97%), Vitamin C: 13.1mg (15.88%), Vitamin B1: 0.23mg (15.41%), Vitamin B5: 1.28mg (12.8%), Vitamin B12: 0.18µg (3.02%)