



Chicken-Vegetable Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons chili powder
- ☐ 6 ounces pinto beans dried
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup jalapeno seeded chopped
- ☐ 1 cup onion chopped

- ☐ 2 teaspoons oregano dried
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces skinned cut into bite-size pieces
- ☐ 0.3 cup sun-dried tomatoes packed chopped
- ☐ 1 cup tomatoes chopped
- ☐ 3 cups water boiling

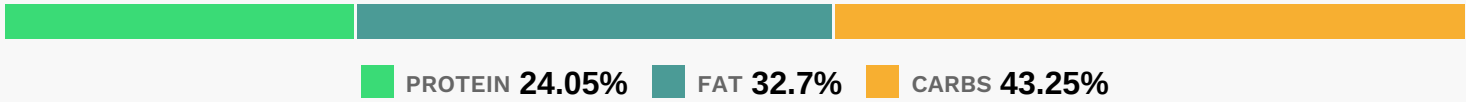
Equipment

- ☐ pressure cooker

Directions

- ☐ Place a 6-quart pressure cooker coated with cooking spray over medium-high heat.
- ☐ Add chicken and onion; saute 2 minutes.
- ☐ Add bell pepper and next 7 ingredients (bell pepper through garlic); saute 1 minute. Stir in water and beans.
- ☐ Close lid securely; bring to high pressure over high heat (about 4 minutes). Adjust the heat to medium-high or level needed to maintain high pressure; cook 25 minutes.
- ☐ Remove from heat, and place pressure cooker under cold running water.
- ☐ Remove lid; stir in tomato, corn, and salt. Bring to a boil; cook, uncovered, 5 minutes, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:7.13, Inflammation Score:-9, Nutrition Score:22.388260877651%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin:

0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 291.49kcal (14.57%), Fat: 10.95g (16.85%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 24.63g (8.96%), Sugar: 7.03g (7.81%), Cholesterol: 55.57mg (18.52%), Sodium: 293.63mg (12.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.12g (36.24%), Vitamin C: 47.47mg (57.54%), Folate: 187.4µg (46.85%), Vitamin A: 1806.68IU (36.13%), Manganese: 0.68mg (34.03%), Fiber: 7.96g (31.83%), Vitamin B6: 0.58mg (29.01%), Selenium: 19.79µg (28.28%), Phosphorus: 279.57mg (27.96%), Potassium: 966.1mg (27.6%), Magnesium: 97.57mg (24.39%), Vitamin B1: 0.36mg (23.86%), Vitamin B3: 4.6mg (23.02%), Copper: 0.45mg (22.4%), Iron: 3.89mg (21.6%), Vitamin K: 15.21µg (14.48%), Vitamin B2: 0.23mg (13.78%), Zinc: 1.9mg (12.64%), Vitamin B5: 1.25mg (12.46%), Vitamin E: 1.81mg (12.04%), Calcium: 85.96mg (8.6%), Vitamin B12: 0.36µg (6.05%)