



# Chipotle Chicken Chili

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

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**304 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounce black beans drained and rinsed low-sodium canned
- 12 ounces chicken breast cut into cubes
- 1 cup chicken broth
- 2 tablespoons chili powder
- 1 tablespoon chipotles in adobo chopped to taste ()
- 8.8 ounce corn kernels whole no salt added canned
- 1 teaspoon ground cumin
- 1 tablespoon olive oil

14.5 ounce tomatoes diced no salt added canned

## Equipment

frying pan

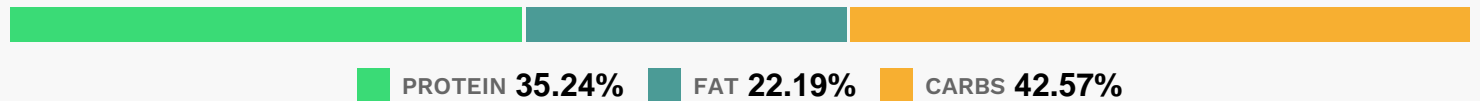
## Directions

Season chicken with chili powder and cumin. Cook chicken in oil in large skillet over medium-high heat, 3 minutes. Season to taste with salt and pepper, if desired.

Add undrained tomatoes, broth, chipotle pepper and beans. Cook 10 minutes, uncovered, stirring occasionally until slightly thickened and chicken is no longer pink in center. Stir in corn; cook 3 minutes.

Garnish with chopped cilantro and diced avocado, if desired.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:24.026956540087%

## Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 303.87kcal (15.19%), Fat: 7.78g (11.97%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 21.94g (7.98%), Sugar: 6.26g (6.95%), Cholesterol: 55.61mg (18.54%), Sodium: 923.67mg (40.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.59%), Vitamin B3: 11.38mg (56.88%), Fiber: 11.63g (46.51%), Vitamin B6: 0.89mg (44.33%), Selenium: 30.05µg (42.92%), Vitamin A: 2107.44IU (42.15%), Phosphorus: 363.45mg (36.35%), Potassium: 1065.08mg (30.43%), Manganese: 0.56mg (28%), Folate: 107.78µg (26.95%), Vitamin C: 19.03mg (23.07%), Iron: 3.95mg (21.97%), Magnesium: 87.07mg (21.77%), Vitamin B2: 0.36mg (21.25%), Vitamin B1: 0.29mg (19.31%), Vitamin E: 2.84mg (18.95%), Copper: 0.36mg (18.07%), Vitamin B5: 1.76mg (17.6%), Vitamin K: 14.65µg (13.95%), Zinc: 1.68mg (11.18%), Calcium: 73.84mg (7.38%), Vitamin B12: 0.18µg (3.03%)