

food
network

 64%
HEALTH SCORE

Chunky Chicken Chili

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stick butter divided
- 29 ounce .5 can cannellini beans drained canned
- 1 teaspoon cayenne pepper
- 1.5 cups cheddar grated for garnish
- 2 cups chicken stock see
- 8 ounce mild chiles green canned
- 2 tablespoons chili powder
- 0.3 cup flour all-purpose

- 0.3 cup bell pepper diced green
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 cup heavy cream
- 1 tablespoon kosher salt
- 1 large onion chopped
- 3 tablespoons parsley leaves chopped for garnish
- 1 tablespoon cracked pepper black
- 0.3 cup bell pepper diced red
- 2 pounds chicken breasts boneless skinless cubed
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- dutch oven

Directions

- In a large Dutch oven, melt 4 tablespoons butter over medium-high heat. Brown the chicken pieces until nicely colored and cooked through.
- Remove chicken to a large bowl and set aside.
- Using the same Dutch oven, stir in the flour. This will create a roux. Stir in the onions and peppers.
- Add the chicken stock to deglaze the pan and stir in the heavy cream. Lower heat and cook until the mixture thickens, about 5 minutes. Once the sauce has thickened, add the chili powder, coriander, cumin, cayenne, black pepper and the salt. Stir and cook for a few minutes.
- Add the cannellini beans, chiles and the chicken and simmer for another 6 to 8 minutes. At the very end, mix in the sour cream.
- Transfer to a serving bowl and garnish with Cheddar and parsley.

Nutrition Facts

PROTEIN 25.72% FAT 51.94% CARBS 22.34%

Properties

Glycemic Index:99.5, Glycemic Load:18.1, Inflammation Score:-10, Nutrition Score:60.273043383723%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg

Nutrients (% of daily need)

Calories: 1262.2kcal (63.11%), Fat: 73.62g (113.27%), Saturated Fat: 41.29g (258.05%), Carbohydrates: 71.25g (23.75%), Net Carbohydrates: 57.06g (20.75%), Sugar: 10.98g (12.2%), Cholesterol: 336.06mg (112.02%), Sodium: 2748.98mg (119.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.05g (164.09%), Selenium: 97.85µg (139.79%), Vitamin B3: 27.83mg (139.13%), Vitamin C: 111.78mg (135.49%), Vitamin B6: 2.48mg (123.86%), Phosphorus: 1023.02mg (102.3%), Vitamin A: 4783.85IU (95.68%), Manganese: 1.63mg (81.74%), Vitamin K: 77.55µg (73.86%), Potassium: 2452.03mg (70.06%), Calcium: 592.98mg (59.3%), Fiber: 14.19g (56.75%), Magnesium: 222.5mg (55.63%), Iron: 9.98mg (55.43%), Vitamin B2: 0.92mg (54.14%), Folate: 208.71µg (52.18%), Vitamin B5: 4.37mg (43.68%), Zinc: 6.19mg (41.28%), Copper: 0.81mg (40.61%), Vitamin E: 6.03mg (40.23%), Vitamin B1: 0.57mg (37.72%), Vitamin B12: 1.11µg (18.44%), Vitamin D: 1.43µg (9.55%)