



Chunky Sausage-and-Hominy Chili

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup baked tortilla chips crushed
- ☐ 1 cup pieces bell pepper red (1-inch)
- ☐ 1 cup pieces bell pepper yellow (1-inch)
- ☐ 12 ounce chicken sausages with habanero chiles and tequila (such as gerhard's), cut into 1/2-inch pieces
- ☐ 1 tablespoon chili powder
- ☐ 2 cups rice long-grain hot cooked
- ☐ 15.5 ounce whole-kernel corn white drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 0.3 cup green onions chopped
- ☐ 1.3 cups bottled salsa
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

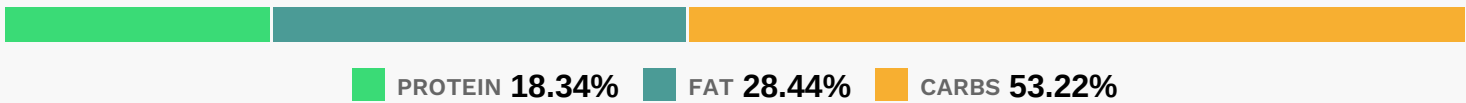
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ To prepare chili, combine first 6 ingredients in an electric slow cooker. Cover with lid; cook on low heat for 8 hours. Spoon 1/2 cup rice into each of 4 bowls; top each serving with 1 cup chili, 1 tablespoon chips, 1 tablespoon cilantro, 1 tablespoon onions, and 1 tablespoon sour cream.
- ☐ Note: Smoked turkey sausage can be substituted for the chicken sausage.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:24.48, Inflammation Score:-9, Nutrition Score:19.956956562789%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 438.04kcal (21.9%), Fat: 14.61g (22.48%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 61.52g (20.51%), Net Carbohydrates: 55.16g (20.06%), Sugar: 11g (12.22%), Cholesterol: 61.34mg (20.45%), Sodium: 1715.92mg (74.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.41%), Vitamin C: 122mg (147.88%), Vitamin A: 2747.38IU (54.95%), Manganese: 0.72mg (36.17%), Fiber: 6.36g (25.44%), Vitamin B6: 0.49mg (24.55%), Vitamin K: 23.4µg (22.29%), Folate: 81µg (20.25%), Potassium: 639.4mg (18.27%), Phosphorus: 174.43mg (17.44%), Vitamin E: 2.59mg (17.25%), Vitamin B3: 3.34mg (16.68%), Magnesium: 57.79mg (14.45%), Vitamin B2: 0.24mg (14.24%), Selenium: 9.81µg (14.01%), Iron: 2.42mg (13.45%), Copper: 0.23mg (11.37%), Vitamin B5: 1.07mg (10.71%), Vitamin B1: 0.15mg (9.74%), Zinc: 1.33mg (8.85%), Calcium: 81.82mg (8.18%)