



Easy Chicken Chili

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 0.5 cup bell pepper red chopped
- 10.8 oz cream of chicken soup canned
- 1.8 cups chicken broth (from 32-oz carton)
- 1 cup water
- 2 cups rotisserie chicken cut diced
- 31 oz great northern beans rinsed drained canned

- 4 oz chilis green undrained chopped canned
- 0.5 teaspoon oregano dried
- 0.5 teaspoon ground cumin
- 0.5 cup cream sour
- 1 serving cilantro leaves fresh chopped

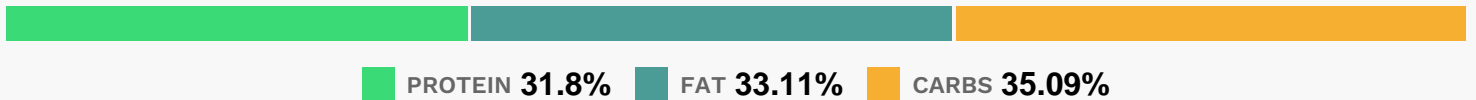
Equipment

- sauce pan

Directions

- In 4-quart saucepan, heat oil over medium-high heat.
- Add onion and bell pepper. Cook 2 to 3 minutes, stirring frequently, until tender.
- Stir in soup, broth and water. Cook 1 to 2 minutes, stirring frequently, until smooth and well blended. Stir in chicken, beans, chiles, oregano and cumin.
- Heat to boiling; reduce heat to medium-low. Cook uncovered 10 to 15 minutes, stirring occasionally, until thoroughly heated.
- Top each serving with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:15.04304340093%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 433.5kcal (21.68%), Fat: 16.22g (24.95%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 30.61g (11.13%), Sugar: 2.33g (2.59%), Cholesterol: 92.45mg (30.82%), Sodium: 974.67mg (42.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.05g (70.1%), Manganese: 0.71mg (35.54%), Folate:

139.68µg (34.92%), Fiber: 8.07g (32.3%), Vitamin C: 25.49mg (30.9%), Phosphorus: 242.52mg (24.25%), Magnesium: 84.37mg (21.09%), Iron: 3.4mg (18.92%), Potassium: 647.49mg (18.5%), Vitamin B1: 0.25mg (16.69%), Copper: 0.33mg (16.46%), Vitamin A: 632.14IU (12.64%), Calcium: 122.99mg (12.3%), Vitamin B2: 0.21mg (12.07%), Vitamin B6: 0.24mg (12.02%), Selenium: 8.11µg (11.58%), Zinc: 1.3mg (8.65%), Vitamin K: 8.3µg (7.9%), Vitamin B3: 1.31mg (6.57%), Vitamin B5: 0.65mg (6.49%), Vitamin E: 0.8mg (5.3%)