



Espinoso Pollo Chili

 Gluten Free

READY IN



40 min.

SERVINGS



5

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup nopales fresh chopped
- ☐ 1 cup onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 16 oz salsa verde
- ☐ 3 cups roasted chicken cubed cooked
- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 3 cups chicken broth (from 32-oz carton)

- ☐ 0.5 cup beer
- ☐ 1 teaspoon ground cumin
- ☐ 1 serving cream sour
- ☐ 1 serving monterrey jack cheese shredded
- ☐ 1 serving spring onion sliced
- ☐ 1 serving avocado diced
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 1 serving corn chips

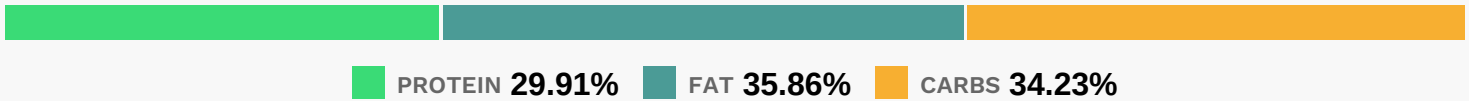
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat. Cook cactus, onion and garlic in oil about 7 minutes, stirring occasionally, until crisp-tender.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling; reduce heat to low. Cook uncovered 10 minutes, stirring occasionally.
- ☐ Serve chili with garnishes.

Nutrition Facts



Properties

Glycemic Index:54.3, Glycemic Load:5.56, Inflammation Score:-8, Nutrition Score:18.541739225792%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg

Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 407.87kcal (20.39%), Fat: 15.8g (24.3%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 27.46g (9.99%), Sugar: 8.25g (9.17%), Cholesterol: 67.41mg (22.47%), Sodium: 1279.82mg (55.64%), Alcohol: 0.92g (100%), Alcohol %: 0.23% (100%), Protein: 29.64g (59.29%), Vitamin B3: 7.64mg (38.22%), Manganese: 0.68mg (33.9%), Selenium: 23.69µg (33.84%), Phosphorus: 285.62mg (28.56%), Potassium: 984.44mg (28.13%), Vitamin B6: 0.54mg (26.76%), Fiber: 6.47g (25.86%), Iron: 4.27mg (23.72%), Folate: 84.9µg (21.23%), Magnesium: 83.5mg (20.87%), Zinc: 2.65mg (17.68%), Vitamin B2: 0.29mg (17.31%), Copper: 0.33mg (16.75%), Vitamin A: 708.33IU (14.17%), Vitamin B5: 1.37mg (13.72%), Vitamin B1: 0.2mg (13.41%), Vitamin E: 1.99mg (13.25%), Calcium: 119.97mg (12%), Vitamin K: 11.91µg (11.34%), Vitamin C: 9.09mg (11.01%), Vitamin B12: 0.28µg (4.72%)