



Fast Chicken Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce chilis green divided undrained chopped canned
- ☐ 3 cups cannellini beans canned rinsed drained
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup cilantro leaves
- ☐ 2 teaspoons garlic fresh minced
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 lime cut into 8 wedges
- ☐ 14 ounce beef broth fat-free canned
- ☐ 0.5 cup onion vertically sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 1 cup water

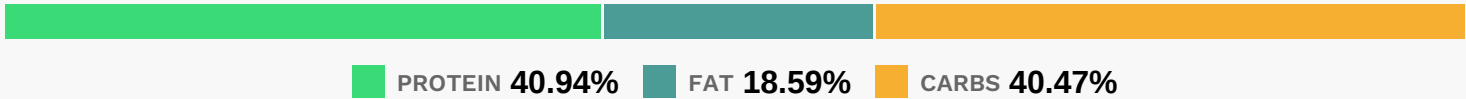
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil.
- ☐ Sprinkle chicken with 1/4 teaspoon salt.
- ☐ Add chicken; saut 4 minutes.
- ☐ Add onion and next 5 ingredients; saut 3 minutes.
- ☐ Add 2 cups beans, water, 1/2 teaspoon salt, 1 can chiles, and broth; bring to a boil.
- ☐ Mash 1 cup beans and 1 can chiles in a bowl.
- ☐ Add to soup; simmer 5 minutes.
- ☐ Serve with cilantro and lime.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:17.040434826975%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 235.44kcal (11.77%), Fat: 4.93g (7.58%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 18.31g (6.66%), Sugar: 1.06g (1.18%), Cholesterol: 48.38mg (16.13%), Sodium: 658.7mg (28.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.82%), Vitamin B3: 8.33mg (41.64%), Selenium: 26.13µg (37.33%), Vitamin B6: 0.72mg (35.98%), Manganese: 0.55mg (27.46%), Potassium: 919.38mg (26.27%), Phosphorus: 257.27mg (25.73%), Fiber: 5.82g (23.28%), Iron: 4.15mg (23.05%), Vitamin C: 18.75mg (22.73%), Folate: 86.03µg (21.51%), Magnesium: 73.76mg (18.44%), Vitamin B5: 1.33mg (13.27%), Copper: 0.26mg (13.1%), Zinc: 1.58mg (10.56%), Calcium: 104.45mg (10.44%), Vitamin B1: 0.16mg (10.37%), Vitamin E: 1.38mg (9.21%), Vitamin B2: 0.13mg (7.82%), Vitamin K: 7.75µg (7.38%), Vitamin A: 167.21IU (3.34%), Vitamin B12: 0.15µg (2.52%)