



 **39%**  
HEALTH SCORE

## Best Buffalo Chicken Chili

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**299 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz black beans drained
- 30 oz tomato sauce canned
- 2 large carrots
- 3 stalks celery
- 5 tablespoons chili powder
- 15 oz chili beans sauce (do not drain)
- 4 teaspoons garlic (salt or powder)
- 12 tablespoons ground cumin (IMPORTANT)

- 0.5 cup hot sauce
- 1 tablespoon olive oil
- 4 tablespoons paprika
- 4 teaspoons bell pepper red
- 10 servings salt and pepper to taste
- 2 pounds chicken breast boneless skinless
- 15 oz tomatoes diced

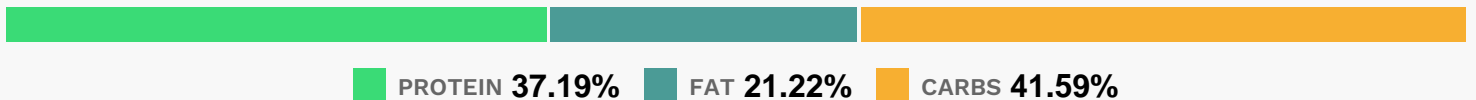
## Equipment

- food processor
- stove

## Directions

- Put chicken breasts in food processor to grind up if you can find ground chicken breast, you can use that too.
- Heat oil and add ground chicken and cook about 10 minutes on medium heat until no longer pink. Rinse out processor and add carrots, celery, garlic and red pepper and puree.
- Add to chicken mixture and cook about 5 minutes until veggies start to soften. Next add the rest of the ingredients, put stove on simmer and cook for 1 hour. Nutrition Per Cup: 239 calories, 3.4 fat, 29 carbs, 7.5 fiber and 23.5 protein. Good points: low in saturated fat, high in fiber, niacin, potassium, vitamin A, vitamin B6 and vitamin C!

## Nutrition Facts



## Properties

Glycemic Index:27.38, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:32.389565217391%

## Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg 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: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Taste

Sweetness: 38.1%, Saltiness: 100%, Sourness: 28.42%, Bitterness: 24.02%, Savoriness: 66.73%, Fattiness: 61.11%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 298.62kcal (14.93%), Fat: 7.39g (11.37%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 21.49g (7.82%), Sugar: 8.21g (9.12%), Cholesterol: 58.06mg (19.35%), Sodium: 1429.61mg (62.16%), Protein: 29.14g (58.28%), Vitamin A: 5954.73IU (119.09%), Vitamin B3: 12.24mg (61.19%), Vitamin B6: 1.18mg (59.21%), Iron: 9.18mg (50.98%), Selenium: 32.21µg (46.01%), Fiber: 11.09g (44.38%), Phosphorus: 417.01mg (41.7%), Potassium: 1405.52mg (40.16%), Manganese: 0.76mg (37.8%), Vitamin C: 27.29mg (33.08%), Magnesium: 131.41mg (32.85%), Vitamin E: 4.67mg (31.14%), Folate: 104.01µg (26%), Copper: 0.48mg (24.2%), Vitamin B2: 0.37mg (21.56%), Vitamin B1: 0.3mg (19.95%), Vitamin B5: 1.9mg (18.98%), Zinc: 2.83mg (18.89%), Vitamin K: 19.62µg (18.69%), Calcium: 144.96mg (14.5%), Vitamin B12: 0.19µg (3.09%)