



Peruvian Chicken Chili with Peanuts

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup olives black pitted coarsely chopped
- 6 servings pepper black freshly ground
- 1 cup evaporated milk
- 5 medium garlic clove minced
- 0.5 teaspoon ground allspice
- 2 pounds ground chicken dark white (meat or a mixture of and meat)
- 1 teaspoon ground cumin
- 4 medium jalapeno minced stemmed

- 6 servings kosher salt
- 1 cup chicken broth low-sodium
- 1.5 ounces parmesan cheese finely grated
- 12 ounces roasted peanuts salted coarsely chopped
- 0.3 cup vegetable oil
- 2 medium onion yellow finely chopped

Equipment

- wooden spoon
- dutch oven

Directions

- Heat the oil in a large pot or Dutch oven over medium-high heat until shimmering.
- Add the chicken, breaking it up into small pieces with a wooden spoon, and cook, stirring occasionally, until browned and cooked through, about 9 minutes.Reduce the heat to medium.
- Add the onions, garlic, jalapeños, cumin, and allspice, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the vegetables soften, about 6 minutes.
- Add the peanuts, stock or broth, milk, and cheese, stir to combine, and bring to a simmer. Reduce the heat to low, cover with a tightfitting lid, and simmer, stirring occasionally, until slightly thickened and the flavors have melded, about 30 minutes. Taste and season with salt and pepper as needed.
- Serve topped with the eggs and olives.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:31.184782111126%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 773.29kcal (38.66%), Fat: 58.15g (89.46%), Saturated Fat: 12.74g (79.62%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 14.75g (5.37%), Sugar: 6.37g (7.07%), Cholesterol: 148.38mg (49.46%), Sodium: 1064.24mg (46.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.95g (97.91%), Vitamin B3: 17.78mg (88.88%), Manganese: 1.5mg (74.77%), Phosphorus: 650.35mg (65.03%), Vitamin B6: 1.07mg (53.66%), Potassium: 1508.59mg (43.1%), Magnesium: 149.75mg (37.44%), Vitamin B2: 0.6mg (35.51%), Selenium: 23.93µg (34.18%), Vitamin B5: 2.83mg (28.27%), Copper: 0.56mg (28.05%), Zinc: 4.16mg (27.73%), Fiber: 6.82g (27.29%), Calcium: 270.16mg (27.02%), Vitamin B1: 0.4mg (26.59%), Folate: 87.08µg (21.77%), Vitamin K: 20.7µg (19.71%), Vitamin C: 15.45mg (18.73%), Iron: 3.23mg (17.92%), Vitamin B12: 1.05µg (17.48%), Vitamin E: 2.47mg (16.45%), Vitamin A: 357.36IU (7.15%)