



## Game Time Chili

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 to 2 bell peppers diced
- 15 ounce pinto beans canned
- 15.5 ounce kidney beans red canned
- 2 stalks celery diced
- 2 tablespoons chili powder
- 3 cloves garlic minced
- 1 pound ground chicken
- 1 teaspoon ground cumin

- 1 jalapeño diced seeded
- 1 tablespoon olive oil
- 1 medium onion diced
- 29 ounce petite-cut tomatoes diced canned
- 0.3 teaspoon salt

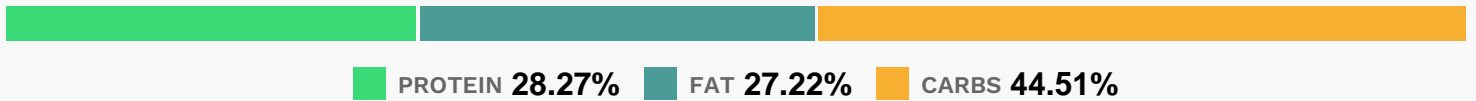
## Equipment

- sauce pan
- wooden spoon

## Directions

- Heat the oil in a large nonstick saucepan over medium-high heat.
- Add the garlic, celery, bell peppers, jalapenos and onions and sprinkle over the salt. Cook, stirring occasionally, until the vegetables are tender, about 8 minutes.
- Add the chicken, breaking it up with a wooden spoon, and cook until it starts to brown. Stir in the chili powder and cumin and cook until the chicken is fully browned, about 6 minutes.
- Add the tomatoes, kidney beans and pinto beans and bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, until the flavors are blended and the chili begins to thicken, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:36.63, Glycemic Load:8, Inflammation Score:-8, Nutrition Score:19.336087019547%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 237.04kcal (11.85%), Fat: 7.55g (11.62%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 18.99g (6.9%), Sugar: 7.65g (8.51%), Cholesterol: 48.76mg (16.25%), Sodium: 568.06mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.31%), Vitamin C: 33.09mg (40.11%), Fiber: 8.81g (35.24%), Vitamin B6: 0.66mg (32.96%), Manganese: 0.63mg (31.69%), Potassium: 1016.41mg (29.04%), Vitamin A: 1347IU (26.94%), Vitamin B3: 5.3mg (26.49%), Phosphorus: 260.61mg (26.06%), Iron: 3.93mg (21.82%), Copper: 0.43mg (21.48%), Vitamin E: 3.1mg (20.69%), Magnesium: 75.18mg (18.8%), Vitamin B1: 0.25mg (16.71%), Vitamin B2: 0.28mg (16.44%), Vitamin K: 16.51µg (15.72%), Folate: 55.11µg (13.78%), Zinc: 1.94mg (12.91%), Vitamin B5: 1.17mg (11.67%), Selenium: 7.72µg (11.02%), Calcium: 98.69mg (9.87%), Vitamin B12: 0.32µg (5.29%)