



Green Chile, Chicken and Bean Chili



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



5

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion coarsely chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon salt
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 2 lb chicken thighs boneless skinless cut into 1/2-inch pieces
- ☐ 30 oz great northern beans rinsed drained canned

- ☐ 4 oz chilis green undrained chopped canned
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 1 serving cilantro leaves fresh chopped

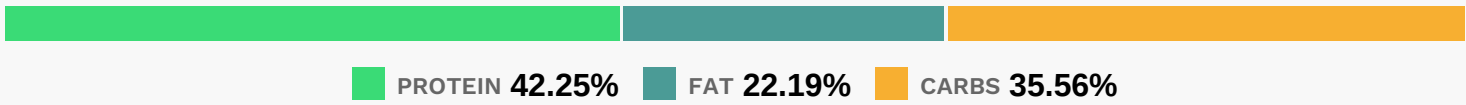
Equipment

- ☐ dutch oven

Directions

- ☐ In 4 1/2- to 5-quart Dutch oven, heat oil over medium-high heat.
- ☐ Add onions and garlic; cook 4 to 5 minutes, stirring frequently, until onions are softened.
- ☐ Stir in cumin, salt, red pepper and chicken. Cook 6 to 7 minutes, stirring occasionally, until chicken is lightly browned.
- ☐ Stir in beans, chiles and broth.
- ☐ Heat to boiling. Reduce heat to medium-low. Cover; cook 20 to 25 minutes, stirring occasionally, until chicken is no longer pink in center.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:28.697826105615%

Flavonoids

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: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 463.52kcal (23.18%), Fat: 11.41g (17.56%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 31.73g (11.54%), Sugar: 1.81g (2.01%), Cholesterol: 174.25mg (58.08%), Sodium: 1075.68mg (46.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.89g (97.79%), Selenium: 48.82µg (69.74%), Phosphorus: 594.13mg (59.41%), Vitamin B3: 11.37mg (56.85%), Vitamin B6: 1.07mg (53.73%), Manganese: 0.87mg

(43.49%), Folate: 163.58µg (40.9%), Fiber: 9.43g (37.72%), Magnesium: 138.31mg (34.58%), Potassium: 1158.3mg (33.09%), Vitamin B1: 0.45mg (30.22%), Iron: 5.38mg (29.9%), Vitamin B2: 0.5mg (29.4%), Vitamin B5: 2.72mg (27.24%), Zinc: 4.08mg (27.19%), Copper: 0.41mg (20.75%), Vitamin B12: 1.18µg (19.67%), Vitamin C: 12.85mg (15.57%), Calcium: 139.48mg (13.95%), Vitamin K: 10.58µg (10.08%), Vitamin E: 0.65mg (4.33%), Vitamin A: 112.14IU (2.24%)