






 **20%**
HEALTH SCORE

Hawaiian Chicken Chili

 **Gluten Free**

READY IN

45 min.

SERVINGS

8

CALORIES

501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings allspice
- 1 can coconut milk
- 2 carrots organic
- 3 chicken breast organic
- 32 oz chicken broth organic
- 8 servings cilantro leaves organic
- 8 servings coconut flakes
- 8 servings coconut flakes

- 8 servings cumin
- 4 garlic clove
- 2 Cans cannellini beans
- 0.5 cup brown rice long grain
- 1 pineapple
- 8 servings sea salt
- 8 servings cream sour
- 8 servings thyme leaves organic
- 1 onion white
- 8 servings pepper white

Equipment

- food processor
- frying pan

Directions

- Cut 1/2 of a pineapple into small cubes.
- Add to food processor. Puree pineapple until liquified.
- Cut chicken into cubes.
- Add to pan.
- Pour puree'd pineapple over top. Cook chicken. Chop 1/2 onion. When chicken is almost fully cooked, add onion to chicken & pineapple mixture.
- Add a scoop of Coconut Milk to chicken mixture.
- Add a tablespoon of white pepper.
- Add 4 cloves of pressed garlic. Grab a small bunch of cilantro and few sprigs of thyme. Chop them.
- Add cilantro and thyme to chicken mixture. Once chicken is fully cooked and onions are almost see through, scoop mixture into food processor. Lightly grind food until chicken looks shredded. Grate 2 medium sized carrots finely.
- Pour in a new pan 1 can of coconut milk, 32 oz. chicken broth, 1 can of water.

- Add 2 cans Great Northern Beans & Shredded chicken mixture.
- Mix well. Bring to a boil. Then simmer.
- Add carrots. In another pan, add 1 cup of water. 1 tsp garlic, 1/4 tsp. cumin, 2 tbsp. coconut flakes, sea salt, 4 dashes of Jamaican Allspice.
- Add 1/2 cup Long Grain Brown Rice. Cook rice until al dente. (Still slightly crunchy.)
- Add rice to simmering mixture. Simmer until carrots and rice are cooked thoroughly.
- Serve with sour cream.

Nutrition Facts

PROTEIN 18.31% **FAT 52.37%** **CARBS 29.32%**

Properties

Glycemic Index: 32.44, Glycemic Load: 8.81, Inflammation Score: -10, Nutrition Score: 28.374782608696%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Taste

Sweetness: 100%, Saltiness: 57.81%, Sourness: 45.91%, Bitterness: 29.03%, Savoriness: 43.74%, Fattiness: 48.1%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 501.14kcal (25.06%), Fat: 30.47g (46.88%), Saturated Fat: 23.85g (149.06%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 30.34g (11.03%), Sugar: 16.62g (18.47%), Cholesterol: 63.59mg (21.2%), Sodium: 747.39mg (32.5%), Protein: 23.97g (47.95%), Manganese: 2.79mg (139.37%), Vitamin C: 61.8mg (74.91%), Vitamin A: 2788.5IU (55.77%), Vitamin B3: 11.03mg (55.15%), Selenium: 38.09µg (54.41%), Vitamin B6: 0.97mg (48.51%), Phosphorus: 353.16mg (35.32%), Fiber: 8.05g (32.18%), Copper: 0.55mg (27.32%), Magnesium: 103.12mg (25.78%), Potassium: 850.48mg (24.3%), Iron: 3.69mg (20.48%), Vitamin B5: 2mg (19.96%), Vitamin B1: 0.27mg (17.95%), Vitamin B2: 0.26mg (15.55%), Zinc: 1.9mg (12.64%), Folate: 43.57µg (10.89%), Calcium: 88mg (8.8%), Vitamin E: 0.72mg (4.78%), Vitamin K: 3.93µg (3.74%), Vitamin B12: 0.22µg (3.62%)