



HEALTH SCORE

67%

Kickin' Coyote Chili



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 servings avocado cubed



30 ounce cannellini beans canned



0.5 cup celery chopped



2 cups chicken broth swanson®



2 cups meat from a rotisserie chicken cooked chopped



3 tablespoons flour all-purpose



1 tablespoon ground cumin



2 tablespoons olive oil

- ☐ 1 cup onion chopped
- ☐ 6 servings pepper jack cheese shredded
- ☐ 0.5 cup bell pepper red chopped
- ☐ 16 ounce chipotle chunky salsa pace®

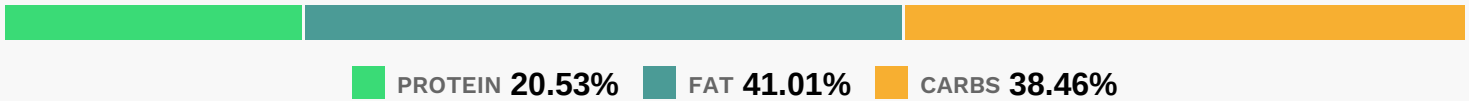
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a 4 quart saucepot over medium heat.
- ☐ Add the onion, celery and pepper and cook until tender. Stir in the flour and cumin and cook for 2 minutes.
- ☐ Add the broth. Cook and stir until the mixture boils.
- ☐ Add the beans, salsa and chicken.
- ☐ Heat to a boil. Reduce the heat to low. Cook for 20 minutes.
- ☐ Garnish with the cheese and avocado.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:3.56, Inflammation Score:-9, Nutrition Score:28.860434637445%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 503.61kcal (25.18%), Fat: 23.96g (36.87%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 34.5g (12.55%), Sugar: 5.68g (6.31%), Cholesterol: 37.46mg (12.49%), Sodium: 850.36mg (36.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.99%), Fiber: 16.06g (64.25%), Folate: 222.12µg (55.53%), Manganese: 0.97mg (48.29%), Vitamin B6: 0.81mg (40.64%), Potassium: 1408.31mg (40.24%), Phosphorus: 388.16mg (38.82%), Vitamin C: 31.48mg (38.16%), Vitamin B3: 7.54mg (37.69%), Magnesium: 133.05mg (33.26%), Selenium: 20.33µg (29.05%), Vitamin K: 30.26µg (28.82%), Copper: 0.53mg (26.71%), Vitamin B1: 0.4mg (26.54%), Vitamin E: 3.96mg (26.39%), Iron: 4.71mg (26.16%), Vitamin B5: 2.51mg (25.08%), Vitamin B2: 0.4mg (23.66%), Vitamin A: 977.05IU (19.54%), Zinc: 2.67mg (17.79%), Calcium: 144.78mg (14.48%), Vitamin B12: 0.16µg (2.65%)