



(Low-Fat) Chicken Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb bell pepper frozen thawed
- ☐ 15 oz beans red drained and rinsed canned
- ☐ 14 oz canned tomatoes crushed canned
- ☐ 14.5 oz chicken broth canned
- ☐ 2 tablespoons chili powder hot mexican-style
- ☐ 2 garlic clove minced
- ☐ 1.8 pounds ground chicken
- ☐ 1 teaspoon ground cumin

- ☐ 1 teaspoon kosher salt
- ☐ 1 medium onion diced finely
- ☐ 8 servings spring onion chopped
- ☐ 8 servings cheese shredded
- ☐ 2 tablespoons tomato paste
- ☐ 8 servings tortilla chips
- ☐ 1 tablespoon vegetable oil

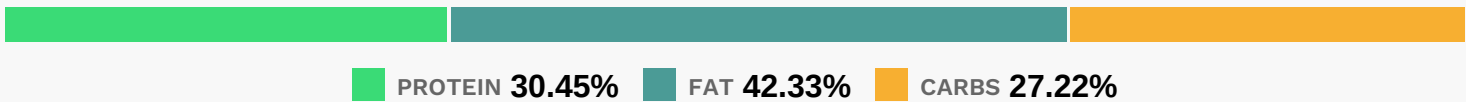
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Heat 1/2 Tbsp. oil in a large saucepan over medium heat; add chicken and salt to pan. Cook chicken, stirring to break up meat, until it is crumbly and no longer pink, about 5 minutes. Using a slotted spoon, transfer chicken to a plate.
- ☐ Add remaining oil, garlic, onion, chili powder and cumin. Cook, stirring often until onion is tender, about 7 minutes. Stir in broth, tomatoes and tomato paste and bring to a boil. Reduce heat and simmer for 15 minutes. Stir in pepper strips and beans and simmer, stirring occasionally, until sauce is thick, about 10 minutes. Return chicken and any of its juices to saucepan and cook for 1 minute to heat through.
- ☐ Serve with cheese, scallions and tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:5.24, Inflammation Score:-9, Nutrition Score:31.603478177734%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 560.21kcal (28.01%), Fat: 26.84g (41.3%), Saturated Fat: 8.33g (52.03%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 31.1g (11.31%), Sugar: 7.42g (8.25%), Cholesterol: 133.14mg (44.38%), Sodium: 1135.58mg (49.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.45g (86.89%), Vitamin C: 80.85mg (98%), Vitamin A: 2880.32IU (57.61%), Phosphorus: 522.24mg (52.22%), Vitamin B6: 1.03mg (51.46%), Vitamin B3: 8.87mg (44.36%), Selenium: 27.35µg (39.07%), Potassium: 1195.74mg (34.16%), Vitamin K: 34.26µg (32.62%), Zinc: 4.73mg (31.55%), Vitamin B2: 0.53mg (31.41%), Fiber: 7.75g (31.02%), Vitamin B12: 1.71µg (28.46%), Vitamin E: 4.12mg (27.46%), Magnesium: 100.74mg (25.18%), Iron: 4.35mg (24.16%), Calcium: 239.87mg (23.99%), Manganese: 0.43mg (21.41%), Vitamin B1: 0.3mg (20%), Vitamin B5: 1.89mg (18.91%), Copper: 0.35mg (17.43%), Folate: 61.23µg (15.31%), Vitamin D: 0.16µg (1.09%)