



 **100%**  
HEALTH SCORE

## Make-Ahead Smoky Chipotle Chicken Chili

 **Gluten Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**1**

CALORIES



**1817 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup & spicy barbecue sauce sweet kraft
- 15.5 oz black beans rinsed canned
- 28 oz canned tomatoes diced undrained canned
- 0.8 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 Tbsp chili powder
- 1 tsp chipotle chile pepper powder
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced

- 1 bell pepper green chopped
- 2 green onions chopped
- 1 lb ground chicken lean
- 1 onion yellow chopped

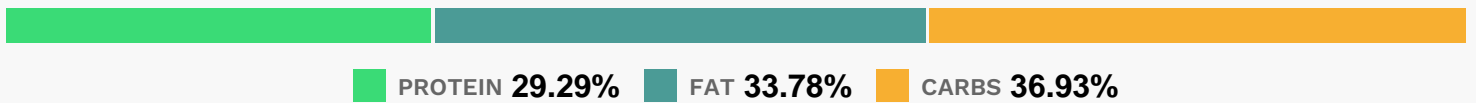
## Equipment

- frying pan
- sauce pan

## Directions

- Cook and stir first 3 ingredients in large nonstick skillet on high heat 8 to 10 min. or until chicken is done.
- Add tomatoes, beans, green peppers, barbecue sauce, chili powder and chipotle chile pepper powder; mix well. Bring to boil; simmer on medium-low heat 25 min., stirring occasionally. Cool completely.
- Spoon chili into freezer container; freeze up to 1 month.
- Thaw chili in refrigerator overnight. When ready to serve, bring to boil in saucepan, then simmer on medium-low heat 10 to 15 min. or until heated through, stirring occasionally. Stir in cilantro just before serving. Top with cheese and green onions.

## Nutrition Facts



## Properties

Glycemic Index:158, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:87.413478550704%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 5.79mg, Luteolin: 5.79mg, Luteolin: 5.79mg, Luteolin: 5.79mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 33.71mg, Quercetin: 33.71mg, Quercetin: 33.71mg, Quercetin: 33.71mg

## Nutrients (% of daily need)

Calories: 1817.32kcal (90.87%), Fat: 70.23g (108.04%), Saturated Fat: 27.62g (172.63%), Carbohydrates: 172.78g (57.59%), Net Carbohydrates: 124.72g (45.35%), Sugar: 61.61g (68.46%), Cholesterol: 474.84mg (158.28%), Sodium: 4780.94mg (207.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 137.03g (274.07%), Vitamin C: 197.59mg (239.51%), Vitamin B6: 4.24mg (211.81%), Phosphorus: 1939.69mg (193.97%), Fiber: 48.06g (192.25%), Vitamin B3: 36.12mg (180.58%), Potassium: 6135.9mg (175.31%), Vitamin B2: 2.65mg (156.16%), Iron: 23.06mg (128.12%), Manganese: 2.42mg (120.75%), Selenium: 81.21µg (116.01%), Calcium: 1152.15mg (115.21%), Vitamin B1: 1.68mg (111.97%), Vitamin A: 5333.29IU (106.67%), Vitamin K: 110.28µg (105.03%), Magnesium: 413.8mg (103.45%), Folate: 408.85µg (102.21%), Copper: 2.03mg (101.56%), Zinc: 14.29mg (95.29%), Vitamin E: 11.77mg (78.47%), Vitamin B5: 7.61mg (76.05%), Vitamin B12: 3.44µg (57.31%), Vitamin D: 0.51µg (3.39%)