



Mexican chilli chicken

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 large onion halved sliced
- ☐ 2 tsp ground cumin
- ☐ 800 g plum tomatoes peeled canned
- ☐ 1 chicken stock cube
- ☐ 200 g chorizo diced
- ☐ 8 strips.
- ☐ 2 bell pepper red seeded cut into chunks

- ☐ 600 g cannellini beans drained canned
- ☐ 1 large avocado peeled sliced
- ☐ 4 servings juice of lime
- ☐ 1 handful cilantro leaves fresh
- ☐ 4 large cream

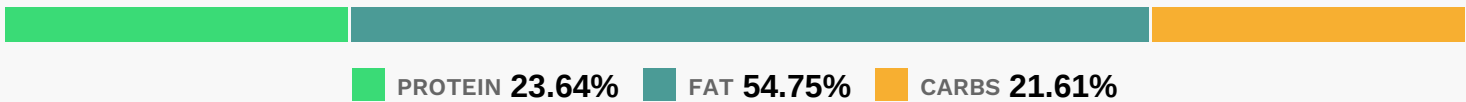
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Heat the oil in a large pan and fry the onion until softened. Stir in the spices and cook for a few secs.
- ☐ Pour in the tomatoes and 2 cans of water, then crumble in the stock cube. Bring to the boil and add the chorizo and chicken thighs. Push the chicken under the liquid, cover and simmer for 20 mins.
- ☐ Stir the peppers into the pan, then cook for 20 mins more. Tip in the cannellini beans.
- ☐ To eat now: Warm through to heat the beans. Toss the avocado with the lime and some salt and serve on top of the casserole with a sprinkling of coriander. Top each portion with soured cream.
- ☐ Serve with rice, jacket potatoes or a handful of spicy tortilla chips.
- ☐ To eat later: Cool and keep in the fridge for up to 48 hours. Warm on top of the stove until bubbling and serve as above.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:11.58, Inflammation Score:-10, Nutrition Score:46.522173995557%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg

Nutrients (% of daily need)

Calories: 1002.73kcal (50.14%), Fat: 61.66g (94.87%), Saturated Fat: 16.51g (103.2%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 39.65g (14.42%), Sugar: 10.86g (12.07%), Cholesterol: 253.45mg (84.48%), Sodium: 441.29mg (19.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.91g (119.82%), Vitamin C: 120.73mg (146.34%), Vitamin A: 4059.34IU (81.19%), Vitamin B6: 1.41mg (70.68%), Vitamin B3: 13.48mg (67.39%), Selenium: 45.52µg (65.03%), Manganese: 1.27mg (63.38%), Phosphorus: 606.15mg (60.61%), Fiber: 15.11g (60.43%), Potassium: 2104.87mg (60.14%), Folate: 213.58µg (53.39%), Iron: 8.85mg (49.19%), Magnesium: 173.88mg (43.47%), Vitamin K: 43.97µg (41.88%), Vitamin B5: 3.74mg (37.36%), Zinc: 5.46mg (36.4%), Copper: 0.72mg (36.03%), Vitamin E: 5.36mg (35.76%), Vitamin B1: 0.48mg (32.26%), Vitamin B2: 0.53mg (31.37%), Vitamin B12: 1.45µg (24.19%), Calcium: 183.49mg (18.35%), Vitamin D: 0.23µg (1.51%)