



Pumpkin Chili with Chicken



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



15

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz tomatoes diced undrained canned
- ☐ 15 oz kidney beans drained and rinsed canned
- ☐ 15 oz pumpkin puree pure canned
- ☐ 15 oz kidney beans white drained and rinsed canned
- ☐ 1.5 tablespoons chili powder
- ☐ 1 tablespoon cumin
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green seeded chopped

- ☐ 1.5 pounds ground chicken
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 15 servings salt and pepper

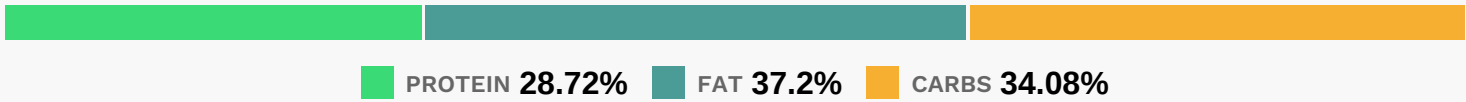
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Warm oil in a large pot over medium heat.
- ☐ Add onion, bell pepper, jalapeo and garlic; saut until tender, about 12 minutes.
- ☐ Transfer to a bowl.
- ☐ Add chicken to pot and cook, stirring, until no pink remains, about 8 minutes. Return vegetables to pot.
- ☐ Add tomatoes, pumpkin, broth, chili powder, cumin and 1/2 tsp. salt. Bring to a boil. Reduce heat to medium-low and stir in all beans. Cover and simmer, stirring occasionally, until chili thickens slightly, about 30 minutes. Taste and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.87, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:15.070869404337%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 167.93kcal (8.4%), Fat: 7.25g (11.15%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 9.97g (3.63%), Sugar: 3.87g (4.3%), Cholesterol: 39.01mg (13%), Sodium: 472.46mg (20.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Vitamin A: 4760.2IU (95.2%), Vitamin B6: 0.41mg (20.51%), Fiber: 4.96g (19.85%), Vitamin B3: 3.92mg (19.59%), Vitamin C: 14.91mg (18.07%), Phosphorus: 179.17mg (17.92%), Potassium: 623.68mg (17.82%), Manganese: 0.31mg (15.44%), Iron: 2.56mg (14.21%), Vitamin B2: 0.22mg (12.74%), Vitamin K: 12.21µg (11.62%), Magnesium: 43.77mg (10.94%), Copper: 0.22mg (10.93%), Vitamin E: 1.61mg (10.7%), Vitamin B1: 0.15mg (10.28%), Zinc: 1.26mg (8.37%), Selenium: 5.69µg (8.13%), Vitamin B5: 0.78mg (7.75%), Folate: 25.34µg (6.34%), Calcium: 54.59mg (5.46%), Vitamin B12: 0.29µg (4.76%)