



Quick and Easy Chicken Chili



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce regular corn canned
- ☐ 31 ounce kidney beans canned
- ☐ 31 ounce pinto beans canned
- ☐ 2 tablespoons chili powder
- ☐ 2 tablespoons ground cumin
- ☐ 15.5 ounce hominy white canned
- ☐ 12 ounce salsa
- ☐ 1 pound meat from a rotisserie chicken shredded cooked

☐ 1 cup water

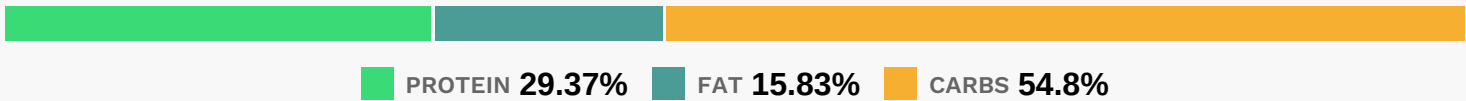
Equipment

☐ sauce pan

Directions

☐ Stir together the corn, hominy, pinto beans, and kidney beans in a large saucepan over medium heat; bring to a boil. Stir in the salsa, chili powder, cumin, and water; return to a boil. Cook another 15 minutes. Stir in the chicken to serve.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:8.56, Inflammation Score:-7, Nutrition Score:16.492608847825%

Nutrients (% of daily need)

Calories: 302.03kcal (15.1%), Fat: 5.39g (8.29%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 30.89g (11.23%), Sugar: 4.76g (5.29%), Cholesterol: 34.02mg (11.34%), Sodium: 970.36mg (42.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Fiber: 11.09g (44.38%), Manganese: 0.7mg (35.2%), Phosphorus: 316.17mg (31.62%), Vitamin B3: 5.22mg (26.12%), Iron: 4.52mg (25.14%), Magnesium: 88.87mg (22.22%), Potassium: 770.28mg (22.01%), Vitamin B6: 0.42mg (21.11%), Selenium: 14.14µg (20.2%), Copper: 0.38mg (18.83%), Zinc: 2.51mg (16.72%), Folate: 61.32µg (15.33%), Vitamin A: 671.97IU (13.44%), Vitamin B1: 0.2mg (13.22%), Vitamin E: 1.61mg (10.7%), Vitamin B2: 0.18mg (10.51%), Calcium: 104.19mg (10.42%), Vitamin K: 8.72µg (8.31%), Vitamin B5: 0.83mg (8.25%), Vitamin C: 2.82mg (3.41%), Vitamin B12: 0.13µg (2.19%)