

Red Chicken Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 16 ounce kidney beans drained canned
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 3 cups roasted chicken diced cooked
- ☐ 3 cups chicken stock see
- ☐ 0.3 cup chili powder
- ☐ 2 garlic clove minced
- ☐ 1.5 teaspoons ground cumin

- ☐ 2 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.5 cup cream sour low-fat
- ☐ 2 teaspoons olive oil
- ☐ 3 cups onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.8 teaspoon salt

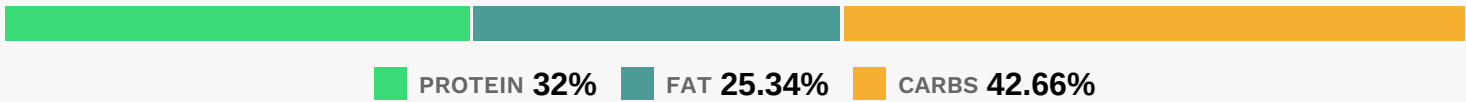
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion; saute 5 minutes.
- ☐ Add chili powder and next 4 ingredients (powder through garlic); saute 30 seconds.
- ☐ Add Chicken Stock, beans, and tomatoes; bring to a boil. Reduce heat to medium-low; simmer 30 minutes. Stir in chicken; simmer 15 minutes.
- ☐ Serve with cheese and sour cream.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:22.816087027607%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 319.83kcal (15.99%), Fat: 9.3g (14.31%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 23.78g (8.65%), Sugar: 7.91g (8.79%), Cholesterol: 48.59mg (16.2%), Sodium: 983.01mg (42.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.88%), Vitamin A: 2403.19IU (48.06%), Fiber: 11.46g (45.83%), Vitamin B3: 7.78mg (38.89%), Phosphorus: 346.71mg (34.67%), Vitamin B6: 0.67mg (33.48%), Manganese: 0.64mg (31.98%), Selenium: 19.94µg (28.49%), Iron: 5.06mg (28.13%), Potassium: 957.83mg (27.37%), Vitamin E: 3.79mg (25.24%), Vitamin B2: 0.4mg (23.81%), Copper: 0.47mg (23.36%), Magnesium: 82.68mg (20.67%), Vitamin B1: 0.29mg (19.62%), Folate: 77.75µg (19.44%), Calcium: 160.38mg (16.04%), Zinc: 2.36mg (15.73%), Vitamin K: 16.36µg (15.58%), Vitamin C: 11.69mg (14.17%), Vitamin B5: 0.99mg (9.85%), Vitamin B12: 0.25µg (4.12%)