



Rotisserie Chicken Chili With Hominy and Chiles

 **Gluten Free**

READY IN



45 min.

SERVINGS



16

CALORIES



152 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon cayenne pepper
- 2 quarts chicken broth
- 2 roast chickens store-bought
- 8 ounce mild chiles diced green
- 16 servings cilantro leaves
- 2 cups regular corn frozen
- 6 medium garlic cloves minced

- 16 servings hot sauce green
- 0.3 cup ground cumin
- 16 servings lime wedges
- 40 ounce equal quantity of beans white such as cannellini or great northern canned
- 2 large onions cut into medium dice
- 4 teaspoons oregano dried
- 16 servings cup heavy whipping cream sour
- 6 tablespoons vegetable oil

Equipment

- bowl
- ladle

Directions

- Bring skin and bones, chicken broth and 1 quart of water to boil over medium-high heat. Reduce heat to low and simmer about 30 minutes. Strain and discard skin and bones.
- Heat oil over medium-low heat in a soup kettle.
- Add cumin, oregano and cayenne and cook until spices are fragrant, about 1 minute.
- Add onion; increase heat to medium; saute until soft, 4 to 5 minutes. Stir in chicken and chiles.
- Add 4 cups hominy and all but 1 cup of the broth and bring to a simmer. Reduce heat to low and simmer, uncovered, stirring occasionally, 25 to 30 minutes.
- Process remaining 2 cups hominy and 1 cup broth until silky smooth; add to soup. Stir garlic and corn into soup. Simmer for a minute or so longer, then cover and let stand for 5 minutes.
- Ladle into bowls and top with sour cream, cilantro or scallions. Pass separately the lime wedges and green hot pepper sauce.

Nutrition Facts



PROTEIN 10.62% FAT 48.82% CARBS 40.56%

Properties

Glycemic Index:11.69, Glycemic Load:1.63, Inflammation Score:-7, Nutrition Score:9.249130471893%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 152.41kcal (7.62%), Fat: 8.88g (13.65%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 13.33g (4.85%), Sugar: 2.46g (2.74%), Cholesterol: 9.45mg (3.15%), Sodium: 506.05mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Vitamin C: 21.75mg (26.37%), Vitamin K: 25.44µg (24.23%), Folate: 88.99µg (22.25%), Iron: 3.81mg (21.17%), Manganese: 0.29mg (14.52%), Fiber: 3.25g (13.01%), Magnesium: 46.54mg (11.64%), Potassium: 368.78mg (10.54%), Calcium: 103.08mg (10.31%), Phosphorus: 87.94mg (8.79%), Vitamin B2: 0.14mg (7.95%), Copper: 0.13mg (6.6%), Vitamin B1: 0.09mg (5.83%), Zinc: 0.82mg (5.45%), Vitamin B6: 0.11mg (5.32%), Vitamin E: 0.78mg (5.22%), Vitamin B3: 0.89mg (4.43%), Vitamin A: 220.37IU (4.41%), Selenium: 1.62µg (2.31%), Vitamin B5: 0.15mg (1.53%)