



## Shrimp-and-Poblano Chili



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 64 oz navy beans undrained canned
- ☐ 1 cup chicken broth
- ☐ 2 tablespoons chili seasoning
- ☐ 4 cups kernel corn whole frozen
- ☐ 1 tablespoon olive oil
- ☐ 2 poblano chile peppers diced
- ☐ 2 pounds shrimp raw peeled

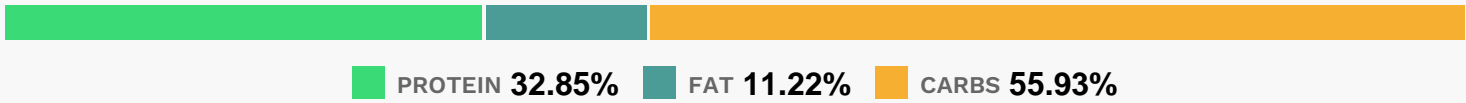
### Equipment

- ☐ bowl
- ☐ dutch oven

## Directions

- ☐ Saut diced chile peppers in 1 Tbsp. hot oil in a Dutch oven over medium-high heat 2 minutes. Stir in navy beans and next 3 ingredients; bring to a boil over medium-high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally, 15 minutes. Stir in peeled shrimp, and cook, uncovered, 5 minutes.
- ☐ Serve with desired toppings. (See "Toppings for Chili" below.)
- ☐ Toppings for Chili: Good choices to add to your bowl include sour cream, salsa, diced plum tomatoes (they have a meatier texture and are easy to find in winter), shredded lettuce or spinach, shredded cheese, diced onion, sliced green onions, chopped cilantro, chopped avocado, sliced jalapeo peppers, cornbread croutons, and tortilla chips.
- ☐ Note: Just before serving Shrimp-and-Poblano Chili, add a splash of flavor to each bowl with fresh lime juice and a sprinkling of chopped cilantro.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:27.809565367906%

## Nutrients (% of daily need)

Calories: 418.96kcal (20.95%), Fat: 5.28g (8.12%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 59.24g (19.75%), Net Carbohydrates: 46.9g (17.05%), Sugar: 1.54g (1.71%), Cholesterol: 143.47mg (47.82%), Sodium: 1891.35mg (82.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.58%), Selenium: 47µg (67.15%), Phosphorus: 622.86mg (62.29%), Manganese: 0.99mg (49.39%), Fiber: 12.35g (49.38%), Folate: 187.35µg (46.84%), Copper: 0.73mg (36.64%), Magnesium: 145.79mg (36.45%), Iron: 5.12mg (28.42%), Vitamin E: 4.12mg (27.44%), Potassium: 949.74mg (27.14%), Vitamin B6: 0.51mg (25.53%), Vitamin B1: 0.37mg (24.92%), Vitamin A: 1173.75IU (23.47%), Vitamin C: 19.04mg (23.08%), Zinc: 3.18mg (21.21%), Vitamin B12: 1.26µg (21.08%), Vitamin B3: 4.09mg (20.43%), Calcium: 176.1mg (17.61%), Vitamin B2: 0.2mg (11.85%), Vitamin K: 10.95µg (10.43%), Vitamin B5: 0.81mg (8.11%)