



Slow-Cooker Buffalo Chicken Chili

 Gluten Free

READY IN



495 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb chicken thighs boneless skinless cut into 1-inch pieces
- 1 cup onion chopped
- 1 cup celery stalks sliced
- 1 cup carrots chopped
- 28 oz canned tomatoes diced organic undrained canned
- 15 oz black beans rinsed drained canned
- 1 cup chicken broth (from 32-oz carton)
- 2 teaspoons chili powder

- 0.5 teaspoon salt
- 0.3 cup sauce of the chicken from the turbo broiler (from 12-oz bottle)
- 1 serving cheese blue crumbled

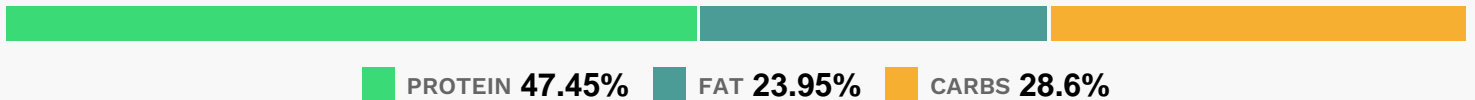
Equipment

- slow cooker

Directions

- Spray 5- to 6 1/2-quart slow cooker with cooking spray.
- In slow cooker, mix all ingredients except buffalo wing sauce and cheese.
- Cover; cook on Low heat setting 8 to 10 hours.
- Stir in buffalo wing sauce.
- Serve sprinkled with blue cheese.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:31.966521757452%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 375.39kcal (18.77%), Fat: 10.06g (15.48%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 18.08g (6.57%), Sugar: 8.43g (9.37%), Cholesterol: 184.08mg (61.36%), Sodium: 1358.38mg (59.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.86g (89.72%), Vitamin A: 4209.3IU (84.19%), Vitamin B3: 13.12mg (65.6%), Selenium: 45.67µg (65.24%), Vitamin B6: 1.17mg (58.73%), Phosphorus: 514.46mg (51.45%), Fiber: 8.96g (35.82%), Potassium: 1252.82mg (35.79%), Vitamin B2: 0.57mg (33.29%), Vitamin B5: 2.99mg (29.95%), Manganese: 0.55mg (27.5%), Vitamin B1: 0.41mg (27.32%), Iron: 4.89mg (27.18%), Copper: 0.52mg

(26.23%), Zinc: 3.92mg (26.14%), Magnesium: 104.35mg (26.09%), Vitamin C: 17.84mg (21.63%), Vitamin B12: 1.28µg (21.31%), Folate: 85.16µg (21.29%), Vitamin K: 21.17µg (20.16%), Vitamin E: 2.47mg (16.45%), Calcium: 136.99mg (13.7%)