



Slow-Cooker Buffalo Chicken Chili

 Gluten Free

READY IN



495 min.

SERVINGS



6

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings cheese blue crumbled
- 0.3 cup sauce of the chicken from the turbo broiler (from 12-oz jar)
- 15 oz black beans rinsed drained canned
- 28 oz canned tomatoes diced organic undrained canned
- 1 cup carrots chopped
- 1 cup celery stalks sliced
- 1 cup chicken broth (from 32-oz carton)
- 2 teaspoons chili powder

- 1 cup onion chopped
- 0.5 teaspoon salt
- 2.5 lb chicken thighs boneless skinless cut into 1-inch pieces
- 6 servings frangelico
- 6 servings frangelico

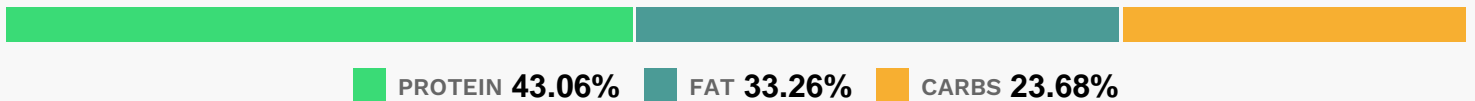
Equipment

- bowl
- slow cooker

Directions

- Place Reynolds Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- In lined 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:4.2, Inflammation Score:-10, Nutrition Score:34.729130205901%

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: 463.64kcal (23.18%), Fat: 17.24g (26.52%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 18.67g (6.79%), Sugar: 8.55g (9.51%), Cholesterol: 202.83mg (67.61%), Sodium: 1645.88mg (71.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.21g (100.42%), Vitamin A: 4400.05IU (88%), Selenium: 49.29µg (70.42%), Vitamin B3: 13.38mg (66.88%), Phosphorus: 611.21mg (61.12%), Vitamin B6: 1.22mg (60.81%), Vitamin B2: 0.66mg (38.91%), Potassium: 1316.82mg (37.62%), Fiber: 8.96g (35.82%), Vitamin B5: 3.43mg (34.27%), Zinc: 4.59mg (30.57%), Vitamin B1: 0.42mg (27.8%), Manganese: 0.55mg (27.61%), Iron: 4.97mg (27.61%), Magnesium: 110.1mg (27.53%), Calcium: 268.99mg (26.9%), Copper: 0.53mg (26.73%), Vitamin B12: 1.58µg (26.39%), Folate: 94.16µg (23.54%), Vitamin C: 17.84mg (21.63%), Vitamin K: 21.77µg (20.74%), Vitamin E: 2.53mg (16.87%)