



Slow Cooker Chicken Chili

 Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beer lager-style
- 15 ounce kidney beans drained and rinsed canned
- 15 ounce beans white drained and rinsed canned
- 15 ounce chicken broth low-sodium canned
- 3 tablespoons chili powder
- 1 to 2 chipotle chiles in adobo sauce with seeds, chopped
- 56 ounce tomatoes diced fire roasted canned
- 2 teaspoons sea salt

- 2 pounds ground chicken
- 0.3 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 teaspoon ground cumin
- 0.3 cup .3 oz. of pearl tapioca instant (recommended: Minute tapioca)
- 8 servings jack cheese shredded sour chopped
- 1 tablespoon kosher salt
- 1 tablespoon onion powder
- 1 teaspoon oregano dried
- 2 tablespoons soya sauce
- 10 ounces sweet potatoes and into shredded peeled

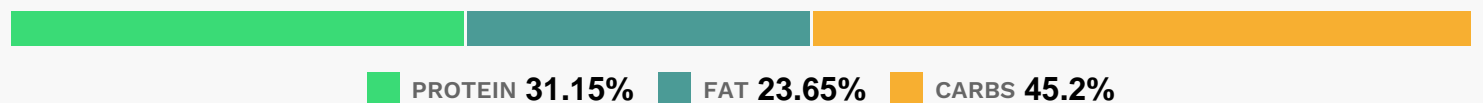
Equipment

- bowl
- slow cooker

Directions

- Put the chicken in the slow cooker.
- Add 3 tablespoons of the chili powder and all the rest of the ingredients, except the beer. Stir everything together, cover, and cook on LOW for 6 to 8 hours.
- Just before serving, stir in the remaining 2 teaspoons of chili powder, the beer, if using, and season with more salt and pepper, to taste, if desired. Divide the chili among warm bowls.
- Serve with the topping of your choice.
- Know-How: Stirring in chili powder right before serving brightens the flavor of the chili.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:9.13, Inflammation Score:-10, Nutrition Score:24.886521816254%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 394.2kcal (19.71%), Fat: 10.39g (15.99%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 35.05g (12.75%), Sugar: 7.8g (8.67%), Cholesterol: 97.52mg (32.51%), Sodium: 1739.38mg (75.63%), Alcohol: 0.58g (100%), Alcohol %: 0.13% (100%), Protein: 30.8g (61.59%), Vitamin A: 6735.45IU (134.71%), Vitamin B6: 0.85mg (42.27%), Vitamin B3: 8.21mg (41.04%), Fiber: 9.62g (38.5%), Phosphorus: 363.85mg (36.39%), Potassium: 1236.32mg (35.32%), Manganese: 0.67mg (33.7%), Iron: 5.62mg (31.25%), Vitamin B2: 0.41mg (24.07%), Magnesium: 86.81mg (21.7%), Selenium: 14.29µg (20.41%), Copper: 0.41mg (20.4%), Zinc: 2.98mg (19.9%), Vitamin B1: 0.28mg (18.62%), Vitamin B5: 1.76mg (17.58%), Calcium: 156.45mg (15.65%), Folate: 57.62µg (14.4%), Vitamin E: 2.04mg (13.63%), Vitamin B12: 0.69µg (11.52%), Vitamin K: 10.21µg (9.72%), Vitamin C: 5.21mg (6.32%)