



Slow Cooker Chicken Chili with Greens and Beans

 Gluten Free

READY IN



375 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 2 cups black beans canned rinsed drained
- 2 cups beans white canned rinsed drained
- 4 cups chicken broth
- 2 tablespoons chili powder to taste
- 1 tablespoon garlic and herb seasoning to taste
- 1 cup heavy cream

- 1.5 cups kale frozen cooked
- 0.5 cup onion diced
- 29 ounce canned tomatoes diced canned
- 1.5 teaspoons salt
- 2 large chicken breast halves boneless skinless

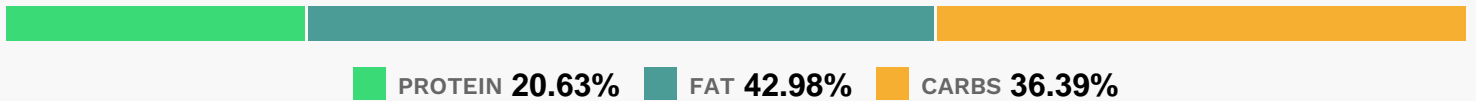
Equipment

- frying pan
- slow cooker

Directions

- Place black beans, white beans, tomatoes, and kale in a slow cooker.
- Melt the butter in a large skillet over medium heat. Stir in the onion; cook and stir until softened and translucent, about 5 minutes.
- Transfer the onion to the slow cooker.
- Sprinkle with chili powder, garlic and herb seasoning, and salt.
- Place the chicken breast halves on top, then pour the chicken broth into the slow cooker.
- Cook on Low for 6 hours.
- Remove the chicken breasts, and shred or cut the chicken into bite-size pieces. Stir the shredded chicken back into the chili.
- Stir in the heavy cream, allow to heat for a few minutes, and serve.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:4.59, Inflammation Score:-9, Nutrition Score:18.670434993246%

Flavonoids

Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 292kcal (14.6%), Fat: 14.53g (22.36%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 19.59g (7.13%), Sugar: 6.63g (7.36%), Cholesterol: 59.37mg (19.79%), Sodium: 1270.12mg (55.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.39%), Vitamin A: 1701.11IU (34.02%), Manganese: 0.65mg (32.56%), Fiber: 8.1g (32.38%), Vitamin B3: 5.09mg (25.43%), Vitamin B6: 0.49mg (24.65%), Potassium: 858.46mg (24.53%), Vitamin K: 25.39µg (24.18%), Iron: 4.14mg (23.01%), Copper: 0.43mg (21.46%), Phosphorus: 212.81mg (21.28%), Folate: 75.95µg (18.99%), Vitamin E: 2.84mg (18.96%), Vitamin C: 15.56mg (18.87%), Magnesium: 74.35mg (18.59%), Selenium: 12.81µg (18.29%), Vitamin B2: 0.31mg (18.29%), Vitamin B1: 0.24mg (16.21%), Calcium: 128mg (12.8%), Vitamin B5: 0.97mg (9.72%), Zinc: 1.45mg (9.66%), Vitamin D: 0.5µg (3.36%), Vitamin B12: 0.13µg (2.18%)