



## Slow-Cooker Chunky Chicken Chili

 Gluten Free

READY IN



560 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 29 ounces canned tomatoes diced with green chilies, undrained canned
- ☐ 15 ounces tomato sauce canned
- ☐ 1 oz chili seasoning
- ☐ 31 ounces hominy drained canned
- ☐ 1 serving cream sour
- ☐ 1 serving cilantro leaves

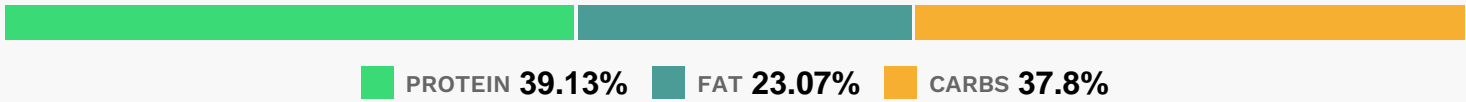
### Equipment

☐ slow cooker

## Directions

- ☐ Place chicken in 3 1/2- to 4-quart slow cooker.
- ☐ Mix tomatoes, tomato sauce and chili seasoning; pour over chicken.
- ☐ Cover and cook on low heat setting 7 to 9 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Stir to break up chicken. Stir in hominy. Cover and cook on low heat setting 15 minutes until heated through.
- ☐ Serve chili with sour cream and cilantro. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:25.750000020732%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 342.98kcal (17.15%), Fat: 8.89g (13.68%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 25.03g (9.1%), Sugar: 9.01g (10.01%), Cholesterol: 144.82mg (48.27%), Sodium: 993.38mg (43.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.85%), Vitamin A: 2845.75IU (56.91%), Selenium: 39.5µg (56.43%), Vitamin B3: 10.65mg (53.24%), Vitamin B6: 1mg (50.19%), Phosphorus: 395.54mg (39.55%), Fiber: 7.74g (30.98%), Zinc: 4.4mg (29.3%), Iron: 5.13mg (28.49%), Potassium: 962.03mg (27.49%), Vitamin B2: 0.46mg (27.02%), Vitamin B5: 2.55mg (25.46%), Vitamin E: 3.68mg (24.54%), Magnesium: 92.53mg (23.13%), Vitamin C: 17.77mg (21.54%), Manganese: 0.38mg (19.17%), Copper: 0.34mg (16.94%), Vitamin B12: 0.97µg (16.2%), Vitamin B1: 0.24mg (15.68%), Vitamin K: 14.51µg (13.82%), Calcium: 93.51mg (9.35%), Folate: 27.3µg (6.82%)