



Slow-Cooker Chunky Chicken Chili

 Gluten Free

READY IN



370 min.

SERVINGS



10

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 2 Tbsp chili powder
- 1 cup regular corn frozen
- 1 onion chopped
- 15.5 oz kidney beans dark red rinsed canned
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- 1.5 cups taco bellâ® & chunky mild salsa thick
- 1.5 lb chicken thighs boneless skinless cut into bite-size pieces

15 oz no-salt-added tomato sauce canned

Equipment

slow cooker

Directions

Combine beans, salsa, tomato sauce and chili powder in slow cooker. Top with chicken, onions and corn. (Do not stir.) Cover with lid.

Cook on LOW 6 to 8 hours (or on HIGH 4 to 5 hours); stir.

Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:16.16, Glycemic Load:5.26, Inflammation Score:-8, Nutrition Score:19.594347961571%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 285.28kcal (14.26%), Fat: 7.65g (11.77%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 21.85g (7.95%), Sugar: 3.9g (4.33%), Cholesterol: 75.94mg (25.31%), Sodium: 621.12mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.61%), Fiber: 9.05g (36.2%), Phosphorus: 350.09mg (35.01%), Folate: 133.87µg (33.47%), Vitamin B6: 0.6mg (30.13%), Selenium: 20.75µg (29.64%), Manganese: 0.59mg (29.41%), Vitamin B3: 5.65mg (28.24%), Potassium: 852.25mg (24.35%), Iron: 4.13mg (22.95%), Magnesium: 79.24mg (19.81%), Vitamin A: 976.17IU (19.52%), Zinc: 2.76mg (18.43%), Copper: 0.36mg (17.87%), Vitamin B2: 0.29mg (17.29%), Vitamin B1: 0.25mg (17%), Calcium: 135.97mg (13.6%), Vitamin K: 14.19µg (13.51%), Vitamin B5: 1.34mg (13.43%), Vitamin E: 1.93mg (12.89%), Vitamin B12: 0.56µg (9.25%), Vitamin C: 6.79mg (8.22%)