



Slow-Cooker Southwestern Chicken Chili



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup onion chopped (2 medium)
- ☐ 1 cup bell pepper green chopped
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons cornmeal
- ☐ 2 tablespoons chili powder
- ☐ 3 teaspoons oregano dried
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon salt

- ☐ 1.3 lb chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 16 oz picante sauce
- ☐ 15 oz pinto beans undrained canned
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 1 serving spring onion sliced

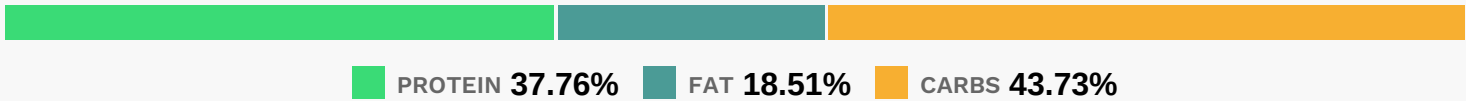
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In 3- to 4-quart slow cooker, mix onions, bell pepper and garlic.
- ☐ In large bowl, mix cornmeal, chili powder, oregano, cumin and salt.
- ☐ Add chicken; toss to coat.
- ☐ Add chicken and any remaining seasoning mixture to vegetables in slow cooker. Gently stir in picante sauce, beans and tomatoes.
- ☐ Cover; cook on Low setting 6 to 8 hours.
- ☐ Sprinkle with green onion.

Nutrition Facts



Properties

Glycemic Index:37.08, Glycemic Load:6.35, Inflammation Score:-9, Nutrition Score:21.924348084823%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 252.95kcal (12.65%), Fat: 5.38g (8.28%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 20.52g (7.46%), Sugar: 7.32g (8.13%), Cholesterol: 89.77mg (29.92%), Sodium: 1108.7mg (48.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.41%), Vitamin B6: 0.89mg (44.31%), Vitamin C: 30.97mg (37.54%), Vitamin B3: 7.46mg (37.31%), Selenium: 23.36µg (33.38%), Fiber: 8.1g (32.39%), Phosphorus: 316.88mg (31.69%), Manganese: 0.61mg (30.45%), Vitamin A: 1380.14IU (27.6%), Potassium: 928.85mg (26.54%), Iron: 4.16mg (23.12%), Vitamin E: 3.3mg (21.97%), Vitamin K: 22.49µg (21.42%), Magnesium: 82.97mg (20.74%), Vitamin B2: 0.29mg (17.24%), Copper: 0.34mg (17.22%), Zinc: 2.49mg (16.62%), Vitamin B5: 1.59mg (15.94%), Vitamin B1: 0.23mg (15.65%), Calcium: 124.57mg (12.46%), Folate: 42.38µg (10.59%), Vitamin B12: 0.6µg (10.08%)