



WHATShEATE



Smoky Chicken Chili



Gluten Free

READY IN



90 min.

SERVINGS



15

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer canned
- ☐ 29 oz tomatoes diced chili-style canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 16 oz navy beans canned
- ☐ 15 servings cheddar cheese fresh shredded sour black red sliced chopped
- ☐ 1.3 oz chili seasoning white
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons olive oil

- ☐ 2 poblano pepper chopped
- ☐ 1 large bell pepper red chopped
- ☐ 1 lb chicken smoked shredded chopped
- ☐ 1 medium size onion sweet chopped

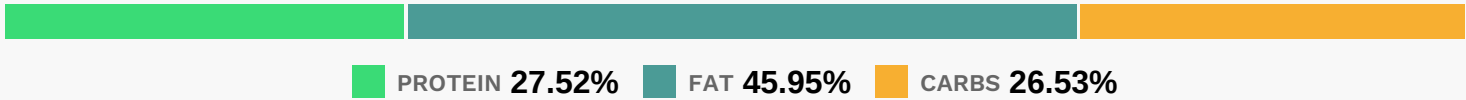
Equipment

- ☐ dutch oven

Directions

- ☐ Saut first 4 ingredients in hot oil in a large Dutch oven over medium-high heat 8 minutes or until vegetables are tender. Stir in diced tomatoes and next 5 ingredients. Bring to a boil over medium-high heat. Reduce heat to low, and simmer, stirring occasionally, 1 hour.
- ☐ Serve with desired toppings.
- ☐ *1 1/2 cups low-sodium chicken broth may be substituted.
- ☐ Note: For testing purposes only, we used Del Monte Diced Tomatoes Zesty Chili Style and McCormick White Chicken Chili Seasoning
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:17.090434789658%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 289.07kcal (14.45%), Fat: 14.74g (22.68%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 13.56g (4.93%), Sugar: 3.69g (4.1%), Cholesterol: 52.68mg (17.56%), Sodium: 546.92mg (23.78%), Alcohol: 0.88g (100%), Alcohol %: 0.45% (100%), Protein: 19.86g (39.73%), Vitamin C: 34.09mg (41.33%), Vitamin A: 1943.17IU (38.86%), Phosphorus: 300.5mg (30.05%), Calcium: 271.04mg (27.1%), Selenium: 18.6µg (26.57%), Fiber: 5.58g (22.33%), Vitamin B6: 0.42mg (20.84%), Vitamin B3: 3.68mg (18.41%), Vitamin B2: 0.31mg (18.3%), Manganese: 0.33mg (16.38%), Folate: 62.47µg (15.62%), Iron: 2.73mg (15.15%), Zinc: 2.21mg (14.74%), Potassium: 509.3mg (14.55%), Magnesium: 55.21mg (13.8%), Vitamin E: 2.03mg (13.51%), Copper: 0.23mg (11.34%), Vitamin B1: 0.17mg (11.24%), Vitamin K: 7.99µg (7.61%), Vitamin B5: 0.73mg (7.31%), Vitamin B12: 0.41µg (6.84%), Vitamin D: 0.18µg (1.2%)