



Southwestern Chicken and Bean Stew

 Gluten Free  Dairy Free

READY IN



1220 min.

SERVINGS



6

CALORIES



1620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup pinto beans dried
- 2 lb vegetable oil skinless
- 1 cup corn frozen
- 1 cup salsa
- 14.5 oz chicken broth ready-to-serve canned
- 4 oz chilis green chopped canned
- 1 teaspoon cumin
- 2 tablespoons cilantro leaves fresh chopped

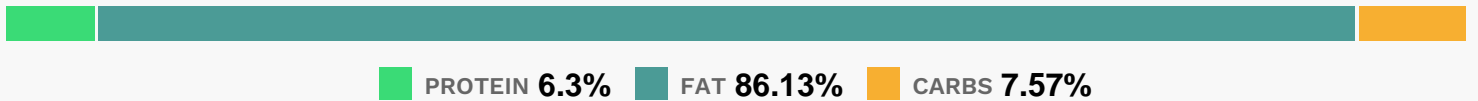
Equipment

- bowl
- pot
- slotted spoon
- slow cooker

Directions

- Place beans in medium bowl; add enough water to cover.
- Let stand overnight to soak.
- Drain beans; discard water.
- Place beans and all remaining ingredients except cilantro in 3 1/2 to 4-quart Crock-Pot® Slow Cooker; mix well.
- Cover; cook on low setting for 10 to 12 hours.
- To serve, remove chicken from slow cooker with slotted spoon.
- Remove chicken from bones; discard bones.
- Cut chicken into pieces; return chicken to slow cooker.
- Add cilantro; mix well.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:5.91, Inflammation Score:-8, Nutrition Score:24.227826096441%

Flavonoids

Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1619.72kcal (80.99%), Fat: 157.57g (242.41%), Saturated Fat: 24.73g (154.55%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 24.25g (8.82%), Sugar: 2.34g (2.6%), Cholesterol: 34.26mg (11.42%), Sodium: 695.38mg (30.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.9%), Vitamin K: 283.68µg (270.17%), Vitamin E: 13.2mg (87.99%), Folate: 193.3µg (48.33%), Selenium: 22.27µg (31.81%), Phosphorus: 278.63mg (27.86%), Fiber: 6.9g (27.58%), Manganese: 0.47mg (23.67%), Potassium: 773.57mg (22.1%), Magnesium: 86.94mg (21.74%), Vitamin B6: 0.43mg (21.62%), Iron: 3.4mg (18.86%), Vitamin B1: 0.28mg (18.46%), Zinc: 2.76mg (18.39%), Copper: 0.37mg (18.34%), Vitamin B3: 3.1mg (15.52%), Vitamin C: 11.36mg (13.76%), Vitamin B12: 0.69µg (11.42%), Vitamin B2: 0.18mg (10.69%), Vitamin A: 367.41IU (7.35%), Calcium: 69.17mg (6.92%), Vitamin B5: 0.44mg (4.37%)