



## Southwestern Chicken and Bean Stew

 **Gluten Free**  **Dairy Free**

READY IN



1220 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

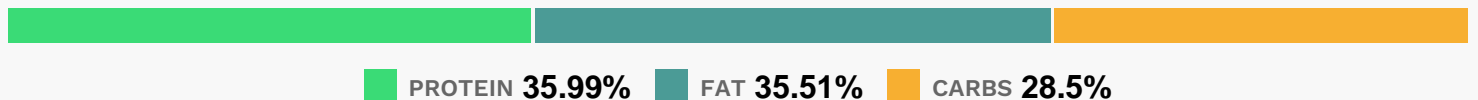
## Equipment

- 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:-7, Nutrition Score:21.405217372853%

## 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: 439.66kcal (21.98%), Fat: 17.3g (26.62%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 24.31g (8.84%), Sugar: 2.34g (2.6%), Cholesterol: 88.69mg (29.56%), Sodium: 755.56mg (32.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.46g (78.93%), Folate: 198.93µg (49.73%), Selenium: 32.72µg (46.75%), Vitamin B3: 8.06mg (40.28%), Phosphorus: 385.57mg (38.56%), Vitamin B6: 0.69mg (34.47%), Fiber: 6.94g (27.74%), Potassium: 913.4mg (26.1%), Magnesium: 101.55mg (25.39%), Zinc: 3.71mg (24.75%), Manganese: 0.49mg (24.36%), Iron: 4.05mg (22.5%), Vitamin B1: 0.32mg (21.38%), Copper: 0.4mg (20.09%), Vitamin C: 13.32mg (16.15%), Vitamin B2: 0.27mg (15.86%), Vitamin B12: 0.91µg (15.17%), Vitamin B5: 1.1mg (11%), Vitamin A: 471.99IU (9.44%), Calcium: 78mg (7.8%), Vitamin E: 1.05mg (6.98%), Vitamin K: 6.72µg (6.4%), Vitamin D: 0.21µg (1.42%)