



Southwestern Chicken Chili

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

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon brown sugar
- 30 ounce kidney beans rinsed drained canned
- 28 ounce canned tomatoes diced undrained canned
- 1 tablespoon chili powder
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 1 cup bell pepper diced green (1)
- 1 tablespoon ground cornmeal finely

- 0.5 teaspoon ground pepper red
- 1 cup onion chopped (1 medium)
- 1 pound chicken breasts boneless skinless cut into 1/2-inch cubes
- 0.3 cup strong coffee decoction brewed
- 3 tablespoons water

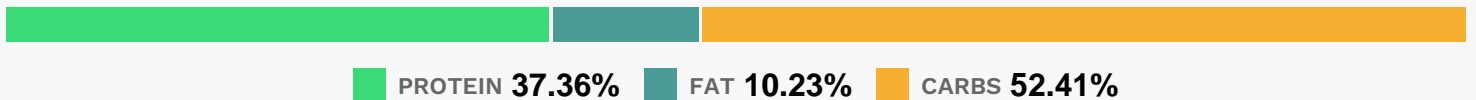
Equipment

- bowl
- frying pan
- dutch oven

Directions

- Heat a Dutch oven over medium heat. Coat pan with cooking spray.
- Add onion, bell pepper, and garlic; cook 5 minutes or until onion is translucent, stirring often.
- Add chicken to pan; cook 5 minutes, stirring often.
- Add cilantro and next 6 ingredients (through tomatoes), stirring to combine; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- Combine masa harina and 3 tablespoons water in a small bowl.
- Add to chicken mixture, stirring well to combine. Simmer, uncovered, 10 minutes.
- Garnish with chopped cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:72.38, Glycemic Load:16.79, Inflammation Score:-9, Nutrition Score:37.186956737352%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 1.76mg, Luteolin:
1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin:

2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 410.9kcal (20.54%), Fat: 4.85g (7.47%), Saturated Fat: 1g (6.26%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 38.52g (14.01%), Sugar: 16.46g (18.29%), Cholesterol: 72.57mg (24.19%), Sodium: 975.35mg (42.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.93mg (1.98%), Protein: 39.87g (79.74%), Vitamin B3: 15.89mg (79.47%), Vitamin B6: 1.53mg (76.6%), Fiber: 17.41g (69.64%), Vitamin C: 55.17mg (66.87%), Manganese: 1.18mg (59.22%), Selenium: 40.83µg (58.33%), Phosphorus: 561.68mg (56.17%), Potassium: 1749.32mg (49.98%), Copper: 0.78mg (39.14%), Magnesium: 148mg (37%), Iron: 6.36mg (35.33%), Vitamin B1: 0.51mg (33.7%), Vitamin A: 1363.94IU (27.28%), Vitamin K: 27.84µg (26.51%), Vitamin B5: 2.62mg (26.16%), Vitamin E: 3.76mg (25.06%), Folate: 99.59µg (24.9%), Vitamin B2: 0.42mg (24.6%), Zinc: 2.82mg (18.83%), Calcium: 159.7mg (15.97%), Vitamin B12: 0.23µg (3.78%)