



Southwestern Chicken Chili

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.8 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 clove garlic finely chopped
- ☐ 6.3 oz taco seasoning
- ☐ 2.8 cups chicken broth (from 32-oz carton)
- ☐ 2 cups chicken shredded cooked

- ☐ 30 oz cannellini beans drained canned
- ☐ 0.8 cup pepper jack cheese shredded
- ☐ 1 serving cream sour
- ☐ 1 serving spring onion chopped

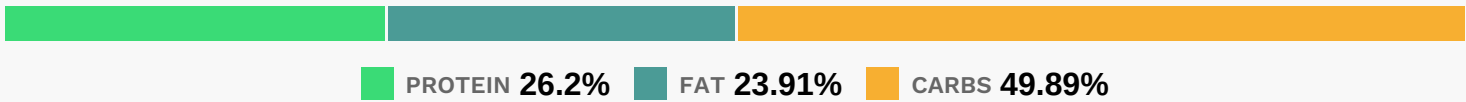
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In Dutch oven or 4-quart saucepan, heat oil over medium-high heat. Cook onion, bell peppers and garlic in oil 5 minutes, stirring occasionally, until tender.
- ☐ Add taco seasoning mix; cook and stir 1 minute.
- ☐ Stir in broth, chicken and beans.
- ☐ Heat to boiling; reduce heat. Cover; simmer 20 minutes, stirring occasionally, until thoroughly heated. Top each serving with cheese.
- ☐ Garnish with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:3.95, Inflammation Score:-8, Nutrition Score:11.947391324717%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 196.78kcal (9.84%), Fat: 5.41g (8.32%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 25.38g (8.46%), Net Carbohydrates: 18.78g (6.83%), Sugar: 4.12g (4.58%), Cholesterol: 25.45mg (8.48%), Sodium: 1455.76mg (63.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Vitamin A: 1678.89IU (33.58%), Fiber: 6.6g (26.41%), Vitamin C: 20.5mg (24.85%), Manganese: 0.43mg (21.35%), Iron: 3.57mg (19.82%), Phosphorus: 149.89mg (14.99%), Folate: 54.27µg (13.57%), Potassium: 432.81mg (12.37%), Selenium: 8.25µg (11.78%), Magnesium: 46.12mg (11.53%), Calcium: 114.56mg (11.46%), Vitamin B3: 2.15mg (10.75%), Vitamin B6: 0.2mg (10.11%), Copper: 0.2mg (9.92%), Zinc: 1.45mg (9.65%), Vitamin B2: 0.13mg (7.76%), Vitamin B1: 0.11mg (7.16%), Vitamin E: 0.93mg (6.23%), Vitamin K: 4.92µg (4.69%), Vitamin B5: 0.42mg (4.21%), Vitamin B12: 0.14µg (2.32%)