



## Spicy Chicken Chili

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound chicken breast boneless skinless cut into 3/4-inch pieces
- 14.5 ounces canned tomatoes salsa-style undrained canned
- 15 ounces chili beans sauce canned
- 2 ounces cheddar cheese shredded

### Equipment

- frying pan

## Directions

- Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 3 to 5 minutes, stirring frequently, until light brown.
- Stir in tomatoes and beans; reduce heat to medium-low. Cook uncovered 8 to 10 minutes, stirring frequently, until chicken is no longer pink in center.
- Sprinkle each serving with cheese.

## Nutrition Facts

**PROTEIN 42.61%** **FAT 25.4%** **CARBS 31.99%**

## Properties

Glycemic Index:16.25, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:23.597826019577%

## Nutrients (% of daily need)

Calories: 323.11kcal (16.16%), Fat: 9.11g (14.01%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 19.39g (7.05%), Sugar: 10.15g (11.28%), Cholesterol: 86.75mg (28.92%), Sodium: 1130.65mg (49.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.76%), Vitamin B3: 13.47mg (67.37%), Vitamin B6: 1.3mg (65.02%), Selenium: 42.3µg (60.42%), Phosphorus: 499.66mg (49.97%), Potassium: 1209.99mg (34.57%), Fiber: 6.42g (25.67%), Magnesium: 101.7mg (25.43%), Copper: 0.49mg (24.56%), Zinc: 3.58mg (23.88%), Vitamin B2: 0.39mg (22.87%), Iron: 3.76mg (20.86%), Vitamin B5: 1.96mg (19.6%), Calcium: 173.78mg (17.38%), Vitamin C: 12.62mg (15.3%), Vitamin B1: 0.2mg (13.09%), Vitamin E: 1.83mg (12.2%), Folate: 48.51µg (12.13%), Manganese: 0.21mg (10.32%), Vitamin A: 409.76IU (8.2%), Vitamin B12: 0.39µg (6.46%), Vitamin K: 6.44µg (6.13%), Vitamin D: 0.2µg (1.32%)