



Tex-Mex Chicken Chili with Lime

READY IN



45 min.

SERVINGS



30

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 oz ale white
- ☐ 1 bell pepper diced seeded
- ☐ 1 tablespoon butter
- ☐ 32 oz navy beans drained canned
- ☐ 4 cups chicken broth
- ☐ 2 teaspoons chipotle chili powder
- ☐ 3 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons kosher salt

- ☐ 30 servings cilantro leaves fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 jalapeno diced green red seeded
- ☐ 1 medium size onion diced red
- ☐ 4 cups roasted chicken shredded
- ☐ 1 large sweet potatoes and into peeled chopped
- ☐ 1 large onion diced white

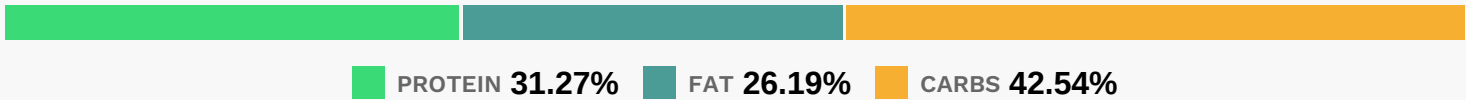
Equipment

- ☐ dutch oven

Directions

- ☐ Melt butter with oil in a Dutch oven over medium heat.
- ☐ Add white onion and next 7 ingredients, and saut 8 minutes or until translucent.
- ☐ Add garlic, and cook 30 seconds.
- ☐ Stir in beans and beer, and cook 5 minutes or until liquid is reduced by half.
- ☐ Add chicken and broth; bring to a boil over high heat. Reduce heat to medium-low, and simmer 30 minutes until thickened.
- ☐ Serve with desired toppings.
- ☐ Note: We tested with Blue Moon Belgian White Wheat Ale.

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:1.56, Inflammation Score:-8, Nutrition Score:6.7821739134581%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol:

0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 99.47kcal (4.97%), Fat: 2.82g (4.35%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 8.13g (2.96%), Sugar: 1.27g (1.41%), Cholesterol: 15.63mg (5.21%), Sodium: 433.51mg (18.85%), Alcohol: 0.44g (100%), Alcohol %: 0.47% (100%), Protein: 7.59g (15.17%), Vitamin A: 1804.62IU (36.09%), Selenium: 6.74µg (9.63%), Manganese: 0.19mg (9.51%), Vitamin B3: 1.89mg (9.44%), Phosphorus: 89.96mg (9%), Fiber: 2.19g (8.76%), Vitamin C: 7mg (8.49%), Vitamin B6: 0.17mg (8.41%), Folate: 25.32µg (6.33%), Magnesium: 24.21mg (6.05%), Potassium: 206.12mg (5.89%), Iron: 1.04mg (5.8%), Vitamin B1: 0.08mg (5.23%), Copper: 0.1mg (5.22%), Vitamin B2: 0.08mg (4.75%), Zinc: 0.62mg (4.11%), Vitamin E: 0.55mg (3.66%), Vitamin B5: 0.36mg (3.6%), Calcium: 26.4mg (2.64%), Vitamin K: 2.43µg (2.32%), Vitamin B12: 0.06µg (1.06%)