



VELVEETA Cheesy Chicken Chili

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

READY IN



40 min.

SERVINGS



40

CALORIES



39 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 oz chiles green undrained canned
- 30 oz beans white drained canned
- 1 tsp chili powder
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 tsp ground cumin
- 1 small onion chopped
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 8 oz velveeta cut into 1/2-inch cubes

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Equipment

sauce pan

Directions

Cook chicken and onions in large saucepan sprayed with cooking spray 7 min. or until chicken is done, stirring occasionally. Stir in seasonings; cook and stir 1 min.

Add beans, broth and chiles; stir. Bring to boil; simmer on medium-low heat 10 min., stirring occasionally.

Stir in VELVEETA; cook until melted, stirring frequently.

Nutrition Facts



PROTEIN 41.29% **FAT 9.2%** **CARBS 49.51%**

Properties

Glycemic Index:1.58, Glycemic Load:1.12, Inflammation Score:-1, Nutrition Score:2.8904348048179%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 39.24kcal (1.96%), Fat: 0.4g (0.62%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.74g (1.36%), Sugar: 0.16g (0.17%), Cholesterol: 7.26mg (2.42%), Sodium: 67.32mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin B3: 1.29mg (6.46%), Selenium: 4.22µg (6.03%), Manganese: 0.12mg (5.87%), Vitamin B6: 0.11mg (5.47%), Phosphorus: 45.52mg (4.55%), Fiber: 1.13g (4.51%), Iron: 0.78mg (4.32%), Potassium: 149.43mg (4.27%), Folate: 16.26µg (4.07%), Magnesium: 14.46mg (3.62%), Copper: 0.06mg (2.8%), Vitamin B5: 0.22mg (2.18%), Zinc: 0.32mg (2.11%), Vitamin B1: 0.03mg (2%), Calcium: 18.6mg (1.86%), Vitamin C: 1.24mg (1.5%), Vitamin E: 0.22mg (1.45%), Vitamin B2: 0.02mg (1.38%)