



Verde Chicken Chili

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

READY IN



30 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 oz cannellini beans rinsed canned
- 1.5 cups rice long-grain white hot cooked
- 1 cup chicken broth fat-free reduced-sodium
- 2 Tbsp cilantro leaves fresh chopped
- 1 bell pepper green chopped
- 1 lime cut into 8 wedges
- 1 Tbsp oil
- 1 onion chopped

- 0.3 cup classic ranch dressing kraft
- 0.3 cup taco bellâ® & chunky salsa thick
- 14 oz taco bellâ® verde salsa
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces

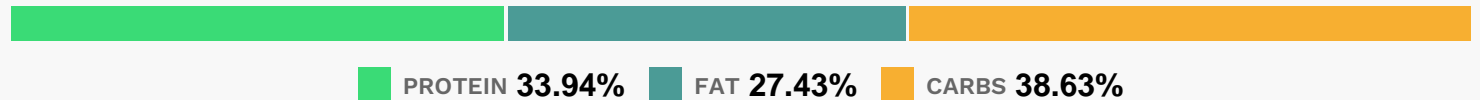
Equipment

- sauce pan

Directions

- Heat oil in large saucepan on medium heat.
- Add chicken; cook and stir 8 to 10 min. or until done. Stir in peppers and onions; cook 2 to 4 min. or until crisp-tender, stirring frequently.
- Add verde salsa, broth and beans; stir. Simmer on medium-low heat 20 min. or until heated through, stirring occasionally. Meanwhile, mix dressing and medium salsa until blended.
- Spoon rice onto platter; top with chicken mixture, dressing mixture and cilantro.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:9.5, Inflammation Score:-6, Nutrition Score:16.005652152974%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 283.62kcal (14.18%), Fat: 8.48g (13.05%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 23.2g (8.44%), Sugar: 4.9g (5.45%), Cholesterol: 56.38mg (18.79%), Sodium: 696mg (30.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.22%), Vitamin B3: 9.6mg (48%), Selenium: 32.75µg

(46.79%), Vitamin B6: 0.8mg (39.84%), Phosphorus: 294.23mg (29.42%), Vitamin C: 19.22mg (23.29%), Manganese: 0.43mg (21.46%), Potassium: 708mg (20.23%), Vitamin B5: 1.64mg (16.41%), Magnesium: 58.95mg (14.74%), Fiber: 3.68g (14.72%), Folate: 54.52µg (13.63%), Vitamin K: 13.33µg (12.69%), Vitamin B1: 0.16mg (10.82%), Vitamin A: 443.69IU (8.87%), Vitamin B2: 0.15mg (8.63%), Copper: 0.16mg (8.21%), Iron: 1.46mg (8.13%), Zinc: 1.08mg (7.22%), Vitamin E: 0.82mg (5.49%), Calcium: 49.32mg (4.93%), Vitamin B12: 0.24µg (3.99%)