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Buffalo Chicken and Bean Chili ♦

Buffalo Chicken and Bean Chili is a spicy and flavorful dish that combines tender chicken, beans, and bold buffalo sauce. It is a hearty and satisfying meal that is perfect for cold winter nights or game day gatherings. The chili is typically served with toppings such as shredded cheese, sour cream, and chopped green onions. It can be enjoyed on its own or served over rice or with cornbread.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	chicken breast
400 g	canned black beans
400 g	canned kidney beans
800 g	diced tomatoes

500 ml	chicken broth
120 ml	buffalo sauce
150 g	onion
3 cloves	garlic
2 tsp	chili powder
1 tsp	cumin
1 tsp	paprika
1 tsp	salt
0.5 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

Stove

Heat olive oil in a large pot or Dutch oven over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add diced onion and minced garlic to the pot and sauté until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add chicken breast to the pot and cook until browned on all sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Remove chicken from the pot and shred using two forks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stove

Return shredded chicken to the pot and add canned black beans, canned kidney beans, diced tomatoes, chicken broth, buffalo sauce, chili powder, cumin, paprika, salt, and pepper.

Prep Time: 5 mins

Cook Time: 15 mins

Step 6

Stove

Bring the chili to a boil, then reduce heat and simmer for 20 minutes.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Serve the buffalo chicken and bean chili hot with your choice of toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 6 g

Protein: 25 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Winter

Spring

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Barbecue

Picnic

Game Day

Cuisines

Italian

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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