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## Chicken Chili

Chicken chili is a spicy and flavorful dish made with chicken, beans, and spices. It is a popular comfort food and is often enjoyed during cold weather. The dish has a rich history and is commonly consumed in the United States. It can be served as a main dish or as a side dish.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 60 mins

**Total Time:** 75 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	Chicken
100 g	onion
3 cloves	garlic
400 g	canned tomatoes

<b>400 g</b>	red kidney beans
<b>400 g</b>	black beans
<b>500 ml</b>	chicken broth
<b>2 tsp</b>	Chili powder
<b>1 tsp</b>	Cumin
<b>1 tsp</b>	Paprika
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper
<b>2 tbsp</b>	olive oil

## Directions

### Step 1

Stove

Heat olive oil in a large pot over medium heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Stove

Add chopped onion and minced garlic to the pot. Cook until onion is translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add chicken to the pot and cook until browned.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

Stove

Add canned tomatoes, red kidney beans, black beans, chicken broth, chili powder, cumin, paprika, salt, and pepper to the pot. Stir well.

**Prep Time:** 5 mins

**Cook Time:** 30 mins

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### Step 5

Stove

Simmer the chili for 30 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	6 g	15.79%	24%
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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

### Meal Type

Lunch

Dinner

Snack

### Events

Picnic

Game Day

## Course

Snacks

Soups

Side Dishes

Main Dishes

Breads

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

## Difficulty Level

Medium

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