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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

400 g	red kidney beans
400 g	black beans
500 ml	chicken broth
2 tsp	Chili powder
1 tsp	Cumin
1 tsp	Paprika
1 tsp	Salt
1 tsp	Pepper
2 tbsp	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

Step 3

Stove

Add chicken to the pot and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

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

Step 5

Stove

Simmer the chili for 30 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 30 mins

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

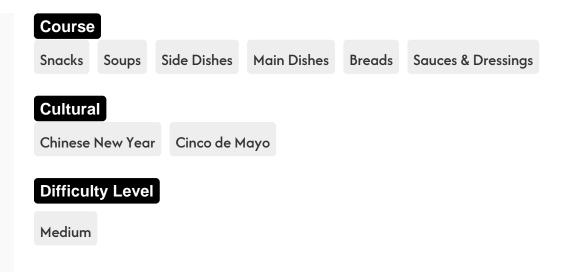
Anti-Inflammatory Diet

Meal Type

Lunch Dinner Snack

Events

Picnic Game Day



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