



 **13%**
HEALTH SCORE

17 Bean White Chicken Chili

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

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound turtle beans dry assorted cooked
- 5 cups chicken broth
- 3 chicken breast
- 3 tablespoons cornstarch
- 3 tablespoons water cold
- 1 cup regular corn
- 1 bell pepper chopped
- 1 bell pepper chopped

- 0.5 onion chopped
- 2 cloves garlic minced
- 1 can chilis diced green
- 1 tomatoes chopped
- 0.5 lime
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 teaspoon oregano
- 0.3 teaspoon pepper red crushed
- 0.3 teaspoon pepper
- 1 cilantro leaves chopped
- 8 servings salt to taste
- 1 teaspoon frangelico
- 1 teaspoon frangelico

Equipment

- pot

Directions

- Cook your beans according to package directions.
- Add the broth to a large pot and bring to a boil.
- Add in the chicken and cook through.
- Shred chicken and set aside.
- Mix together the water and cornstarch.
- Add to broth and boil for a minute until slightly thickened.
- Add the chicken back into the broth along with the corn, bell pepper, onion, garlic, chiles, tomato, and lime.
- Add in the spices; the cumin, chile powder, oregano, coriander, crushed pepper, and pepper.
- Add the cooked beans into the chili along with the cilantro.

Salt to taste and let simmer on low heat covered until ready to eat.

Nutrition Facts

PROTEIN 46.97% **FAT 16.58%** **CARBS 36.45%**

Properties

Glycemic Index:43.06, Glycemic Load:3.62, Inflammation Score:-8, Nutrition Score:18.857826086957%

Flavonoids

Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Taste

Sweetness: 19.96%, Saltiness: 100%, Sourness: 19.52%, Bitterness: 18.65%, Savoriness: 68.37%, Fattiness: 56.36%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 181.03kcal (9.05%), Fat: 3.42g (5.26%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 13.69g (4.98%), Sugar: 3.64g (4.04%), Cholesterol: 57.18mg (19.06%), Sodium: 918.55mg (39.94%), Protein: 21.78g (43.56%), Vitamin C: 61.1mg (74.06%), Vitamin B3: 10.15mg (50.75%), Vitamin B6: 0.83mg (41.27%), Selenium: 28.33µg (40.48%), Vitamin A: 1504.65IU (30.09%), Phosphorus: 245mg (24.5%), Folate: 90.93µg (22.73%), Potassium: 672.51mg (19.21%), Vitamin B5: 1.53mg (15.29%), Magnesium: 56.1mg (14.02%), Vitamin B2: 0.23mg (13.68%), Iron: 2.34mg (12.98%), Fiber: 3.22g (12.87%), Manganese: 0.25mg (12.58%), Vitamin B1: 0.14mg (9.34%), Vitamin E: 1.28mg (8.56%), Zinc: 1.17mg (7.81%), Copper: 0.14mg (6.92%), Calcium: 64.5mg (6.45%), Vitamin K: 6.58µg (6.27%), Vitamin B12: 0.2µg (3.31%)