



Cheesy Slow Cooker White Chili

 Gluten Free

READY IN



200 min.

SERVINGS



10

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce alfredo sauce
- ☐ 45 ounce cannellini beans rinsed drained canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 14.5 ounce chicken broth canned
- ☐ 2 pounds chicken breast cubed cooked
- ☐ 15.3 ounce regular corn yellow drained canned
- ☐ 1 teaspoon garlic minced
- ☐ 8 ounce chilies green chopped canned

- ☐ 1 tablespoon ground cumin
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 cup pepper jack cheese shredded
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 15.3 ounce regular corn white drained canned

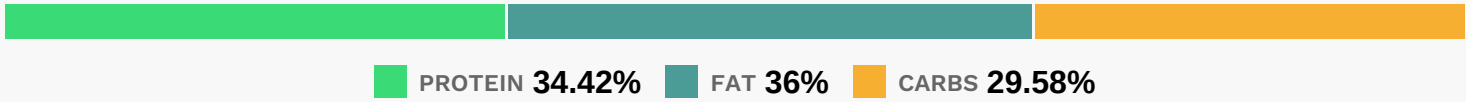
Equipment

- ☐ slow cooker

Directions

- ☐ Stir beans, chicken, Alfredo sauce, chicken broth, green chilies, yellow corn, white corn, Monterey Jack cheese, pepperjack cheese, sour cream, cumin, garlic, white pepper, and cayenne pepper together in a slow cooker.
- ☐ Cook on Low, stirring occasionally, 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:4.54, Inflammation Score:-7, Nutrition Score:27.305652369624%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 675.37kcal (33.77%), Fat: 27.22g (41.87%), Saturated Fat: 12.54g (78.35%), Carbohydrates: 50.33g (16.78%), Net Carbohydrates: 41.02g (14.92%), Sugar: 7.7g (8.56%), Cholesterol: 161.1mg (53.7%), Sodium: 796.29mg (34.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.55g (117.11%), Vitamin B3: 15.54mg (77.69%), Phosphorus: 637.89mg (63.79%), Selenium: 42.47µg (60.68%), Vitamin B6: 0.91mg (45.38%), Fiber: 9.31g (37.25%), Manganese: 0.74mg (36.8%), Magnesium: 134.66mg (33.67%), Folate: 131.96µg (32.99%), Potassium: 1006.18mg (28.75%), Calcium: 287.43mg (28.74%), Zinc: 4.05mg (27.03%), Iron: 4.51mg (25.07%), Vitamin B2: 0.4mg (23.43%), Vitamin B1: 0.34mg (22.51%), Vitamin B5: 2.02mg (20.23%), Copper: 0.33mg (16.68%), Vitamin B12: 0.96µg (15.92%), Vitamin C: 9.84mg (11.93%), Vitamin A: 551.91IU (11.04%), Vitamin E: 0.64mg (4.24%), Vitamin K: 2.55µg

(2.43%), Vitamin D: 0.27µg (1.78%)