



Chicken-and-White Bean Chili



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



11

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 oz chiles green chopped canned
- ☐ 64 oz navy beans drained and rinsed canned
- ☐ 2 tablespoons chili seasoning
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 11 servings garnishes: cream fresh sour
- ☐ 14 oz chicken broth fat-free low-sodium canned

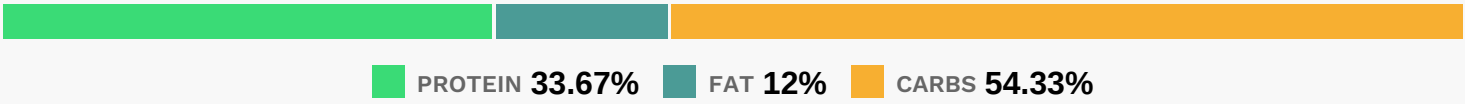
Equipment

- ☐ dutch oven

Directions

- ☐
- Stir together first 5 ingredients in a Dutch oven; bring to a boil over medium-high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally, 15 minutes.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:17.621739024701%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 264.95kcal (13.25%), Fat: 3.59g (5.53%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 26.96g (9.8%), Sugar: 0.65g (0.72%), Cholesterol: 28.64mg (9.55%), Sodium: 1100.23mg (47.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.36%), Fiber: 9.65g (38.59%), Folate: 130.27µg (32.57%), Manganese: 0.65mg (32.48%), Phosphorus: 307.45mg (30.74%), Selenium: 19.97µg (28.53%), Iron: 4.45mg (24.73%), Magnesium: 90.05mg (22.51%), Vitamin B3: 4.43mg (22.17%), Vitamin B6: 0.41mg (20.73%), Vitamin C: 17.06mg (20.68%), Copper: 0.38mg (19.05%), Potassium: 655.26mg (18.72%), Vitamin B1: 0.27mg (17.84%), Vitamin A: 707.72IU (14.15%), Zinc: 1.96mg (13.03%), Vitamin E: 1.66mg (11.06%), Vitamin B2: 0.18mg (10.83%), Calcium: 103.23mg (10.32%), Vitamin B5: 0.77mg (7.7%), Vitamin K: 6.12µg (5.82%), Vitamin B12: 0.18µg (3.05%)