



Chicken Green Chili with White Beans

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 anaheim chiles
- ☐ 15.5 ounce cannellini beans beans white rinsed drained canned (such as Goya)
- ☐ 1.8 pounds chicken leg quarters
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 6 slices lime
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat

- ☐ 1.8 cups onion chopped
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 teaspoon salt
- ☐ 2 cups water divided

Equipment

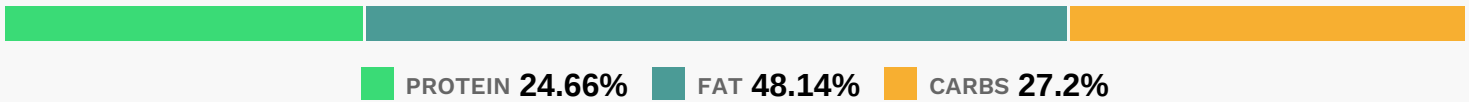
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut chiles in half; discard seeds and membranes.
- ☐ Place halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 5 minutes or until blackened.
- ☐ Place in a heavy-duty zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel chiles; discard skins. Chop chiles.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side or until browned.
- ☐ Remove chicken from pan.
- ☐ Add onion and garlic, and saut 6 minutes or until browned, stirring frequently. Return chicken to pan.
- ☐ Add broth, 1 1/2 cups water, and cumin; bring to a simmer. Cook 20 minutes or until chicken is done.

- ☐ Remove chicken; cool slightly.
- ☐ Remove chicken from bones; cut meat into bite-sized pieces. Discard bones.
- ☐ Add chicken to pan; stir in chopped chiles and beans.
- ☐ Combine 1/2 cup water and flour, stirring with a whisk. Stir into chicken mixture. Bring to a simmer; cook 15 minutes. Stir in salt. Spoon about 1 1/2 cups soup into each of 6 bowls; top each serving with 1 1/2 teaspoons sour cream.
- ☐ Serve with lime slices.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:6.98, Inflammation Score:-6, Nutrition Score:16.982608631901%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 417.19kcal (20.86%), Fat: 22.32g (34.34%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 22.01g (8%), Sugar: 4.35g (4.84%), Cholesterol: 112.3mg (37.43%), Sodium: 1295.33mg (56.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.46%), Selenium: 27.54µg (39.34%), Vitamin B3: 6.47mg (32.34%), Phosphorus: 288.55mg (28.85%), Manganese: 0.55mg (27.44%), Vitamin B6: 0.55mg (27.4%), Fiber: 6.38g (25.52%), Iron: 3.81mg (21.15%), Potassium: 711.35mg (20.32%), Vitamin B12: 1.05µg (17.46%), Magnesium: 69.51mg (17.38%), Folate: 69.07µg (17.27%), Zinc: 2.45mg (16.33%), Vitamin B5: 1.55mg (15.48%), Copper: 0.3mg (15.22%), Vitamin B1: 0.22mg (14.99%), Vitamin B2: 0.25mg (14.69%), Vitamin C: 11.18mg (13.55%), Calcium: 99.48mg (9.95%), Vitamin E: 1.23mg (8.21%), Vitamin K: 4.8µg (4.57%), Vitamin A: 115.36IU (2.31%)