



## Chicken & White Bean Stew

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



51 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 1 tsp basil leaves dried
- 2 cloves garlic minced
- 0.3 cup lite house dressing italian kraft
- 15 oz no-salt-added navy beans drained canned
- 1 small onion chopped
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into 1-inch pieces

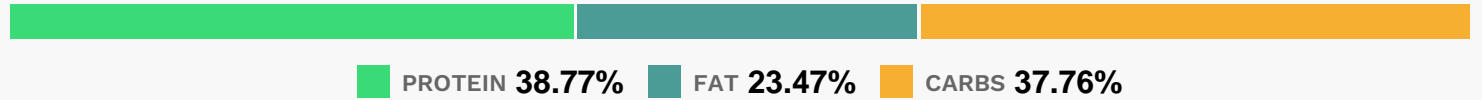
# Equipment

- sauce pan

# Directions

- Cook onions in dressing in medium saucepan on medium heat 3 min., stirring occasionally.
- Add chicken and garlic; cook 5 min. or until chicken is no longer pink, stirring occasionally. Stir in tomatoes and basil; simmer 8 min. or until chicken is done.
- Add beans; stir. Cook 2 min. or until heated through, stirring occasionally.
- Serve topped with cheese.

# Nutrition Facts



# Properties

Glycemic Index:4.11, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:3.5926087304302%

# Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

# Nutrients (% of daily need)

Calories: 51.05kcal (2.55%), Fat: 1.33g (2.05%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.14g (1.14%), Sugar: 0.71g (0.79%), Cholesterol: 11.15mg (3.72%), Sodium: 68.45mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Vitamin B3: 1.78mg (8.89%), Selenium: 5.66µg (8.09%), Vitamin B6: 0.16mg (7.79%), Fiber: 1.69g (6.75%), Phosphorus: 62.78mg (6.28%), Folate: 22.27µg (5.57%), Manganese: 0.1mg (4.98%), Potassium: 145.34mg (4.15%), Magnesium: 14.04mg (3.51%), Vitamin B1: 0.05mg (3.46%), Iron: 0.59mg (3.26%), Vitamin B5: 0.28mg (2.76%), Calcium: 26.41mg (2.64%), Vitamin K: 2.47µg (2.35%), Copper: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.28%), Vitamin C: 1.83mg (2.21%), Zinc: 0.32mg (2.12%), Vitamin B12: 0.07µg (1.21%), Vitamin E: 0.18mg (1.17%)