

Chili Blanco

 Gluten Free

READY IN



55 min.

SERVINGS



5

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion coarsely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 3 teaspoons ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 2 lb chicken thighs boneless skinless cut into 1/2-inch pieces
- ☐ 15 oz great northern beans rinsed drained canned

- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 4 oz chilis green chopped canned
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 2 tablespoons cilantro leaves fresh chopped

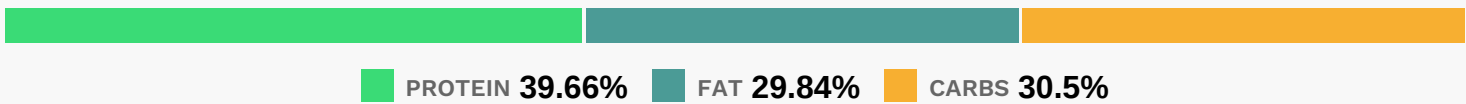
Equipment

- ☐ dutch oven

Directions

- ☐ In 4- to 5-quart Dutch oven, heat oil over medium-high heat. Cook onions and garlic in oil 4 to 5 minutes, stirring frequently, until onions are softened.
- ☐ Stir in cumin, salt, red pepper and chicken. Cook 6 to 7 minutes, stirring occasionally, until chicken is lightly browned.
- ☐ Stir in beans, chiles and broth.
- ☐ Heat to boiling; reduce heat to medium-low. Cover; cook 20 to 25 minutes, stirring occasionally, until chicken is no longer pink in center.
- ☐ Add cheese; stir until melted. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:36.8, Glycemic Load:5.27, Inflammation Score:-7, Nutrition Score:31.71869535809%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 549.94kcal (27.5%), Fat: 18.21g (28.01%), Saturated Fat: 6.84g (42.73%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 32.49g (11.82%), Sugar: 2.18g (2.42%), Cholesterol: 194.43mg (64.81%), Sodium: 980.33mg (42.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.44g (108.87%), Selenium: 50.15µg (71.65%), Phosphorus: 658.46mg (65.85%), Vitamin B3: 11.11mg (55.53%), Vitamin B6: 1.08mg (54.07%), Manganese: 0.98mg (49.17%), Folate: 154.18µg (38.55%), Iron: 6.77mg (37.63%), Fiber: 9.37g (37.49%), Potassium: 1269.77mg (36.28%), Magnesium: 144.77mg (36.19%), Zinc: 5.17mg (34.48%), Vitamin B2: 0.57mg (33.55%), Calcium: 327.81mg (32.78%), Vitamin B1: 0.42mg (27.95%), Vitamin B5: 2.7mg (27.01%), Copper: 0.49mg (24.36%), Vitamin B12: 1.37µg (22.8%), Vitamin C: 12.15mg (14.73%), Vitamin K: 14.07µg (13.4%), Vitamin E: 1.38mg (9.23%), Vitamin A: 296.11IU (5.92%)