



 **18%**
HEALTH SCORE

Creamy White Chili

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



809 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black
- 15.5 oz great northern beans drained canned
- 1 pound chicken cubed
- 14 oz chicken broth canned
- 1 teaspoon cumin
- 1 clove garlic
- 4.5 oz to 2 chilies slit green drained canned
- 0.5 cup cup heavy whipping cream

- 1 tablespoon olive oil
- 1 small onion chopped
- 1 teaspoon oregano
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded for garnish
- 1 cup cream sour

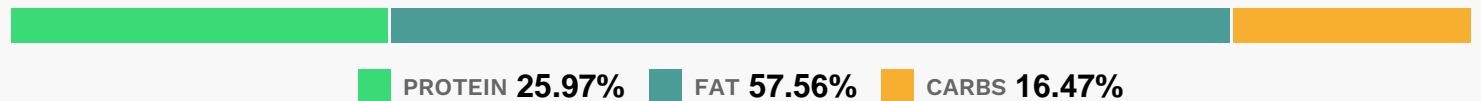
Equipment

- sauce pan

Directions

- In heavy saucepan, saut chicken, onion, and garlic in olive oil. When chicken is cooked, add broth, beans, chilies, and seasonings. Simmer on low heat for 20 minutes.
- Remove from heat and add sour cream and whipping cream. Top with shredded cheddar cheese.

Nutrition Facts



Properties

Glycemic Index: 31.5, Glycemic Load: 0.76, Inflammation Score: -9, Nutrition Score: 25.498260869565%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Taste

Sweetness: 18.85%, Saltiness: 100%, Sourness: 14.78%, Bitterness: 17.1%, Savoriness: 70.07%, Fattiness: 85.37%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 809.46kcal (40.47%), Fat: 51.85g (79.77%), Saturated Fat: 23.3g (145.65%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 26.13g (9.5%), Sugar: 4.77g (5.3%), Cholesterol: 186.23mg (62.08%), Sodium: 1130.32mg (49.14%), Protein: 52.63g (105.26%), Selenium: 41.91µg (59.87%), Phosphorus: 582.6mg (58.26%), Calcium: 378.21mg (37.82%), Zinc: 5.29mg (35.29%), Vitamin B3: 6.76mg (33.8%), Manganese: 0.67mg (33.65%), Vitamin B2: 0.52mg (30.54%), Vitamin B6: 0.59mg (29.48%), Fiber: 7.27g (29.07%), Folate: 109.56µg (27.39%), Vitamin B12: 1.63µg (27.15%), Vitamin A: 1351.19IU (27.02%), Magnesium: 108.06mg (27.01%), Iron: 4.3mg (23.91%), Potassium: 819.35mg (23.41%), Vitamin B1: 0.23mg (15.34%), Copper: 0.3mg (15.23%), Vitamin B5: 1.23mg (12.31%), Vitamin E: 1.81mg (12.08%), Vitamin K: 12.55µg (11.96%), Vitamin C: 8.4mg (10.18%), Vitamin D: 0.85µg (5.69%)