

Creamy White Chili



Gluten Free



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce cannellini beans rinsed drained canned
- ☐ 8 ounce chiles green chopped canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 14.5 ounce chicken broth canned
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup heavy whipping cream

- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless cut into 1/2-inch cubes
- ☐ 1 cup heavy whipping cream sour

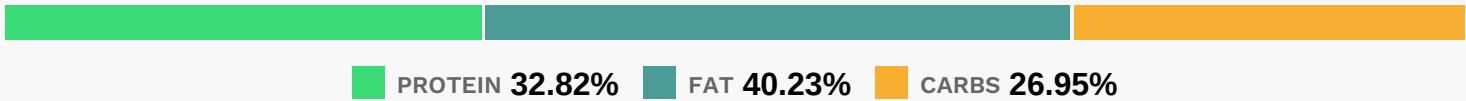
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat; cook and stir chicken, onion, and garlic into the hot oil until chicken is no longer pink in the center and the juices run clear, 10 to 15 minutes.
- ☐ Mix Great Northern beans, chicken broth, green chiles, salt, cumin, oregano, black pepper, and cayenne pepper into chicken mixture; bring to a boil. Reduce heat and simmer until flavors have blended, about 30 minutes.
- ☐ Remove chili from heat; stir in sour cream and whipping cream until incorporated.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:19.279130417368%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 422.58kcal (21.13%), Fat: 18.93g (29.13%), Saturated Fat: 8.2g (51.26%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 22.25g (8.09%), Sugar: 2.03g (2.25%), Cholesterol: 95.75mg (31.92%), Sodium: 735.23mg

(31.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.5%), Selenium: 33.91µg (48.44%), Vitamin B3: 7.92mg (39.59%), Phosphorus: 387.82mg (38.78%), Vitamin B6: 0.72mg (36.06%), Folate: 113.25µg (28.31%), Manganese: 0.53mg (26.45%), Fiber: 6.3g (25.18%), Potassium: 789.8mg (22.57%), Magnesium: 89.05mg (22.26%), Iron: 3.34mg (18.57%), Zinc: 2.54mg (16.92%), Vitamin C: 13.48mg (16.33%), Vitamin B2: 0.27mg (15.66%), Vitamin B1: 0.22mg (14.34%), Vitamin B5: 1.3mg (12.97%), Calcium: 129mg (12.9%), Vitamin B12: 0.71µg (11.86%), Copper: 0.24mg (11.85%), Vitamin A: 575.91IU (11.52%), Vitamin E: 0.85mg (5.65%), Vitamin K: 5.15µg (4.9%), Vitamin D: 0.35µg (2.31%)