



Don't-Be-A-Chicken Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 31.6 oz great northern beans drained and rinsed canned
- 9 oz chilis green chopped canned
- 14 oz chicken broth canned
- 6 servings cilantro leaves
- 1.5 teaspoon garlic powder
- 1 teaspoon ground cumin
- 2 cups monterrey jack cheese shredded
- 1 tablespoon cooking oil

- 1 onion chopped
- 0.5 teaspoon oregano dried
- 1 teaspoon salt
- 1 pound chicken breast boneless skinless cubed
- 8 oz cream sour
- 1 cup whipping cream

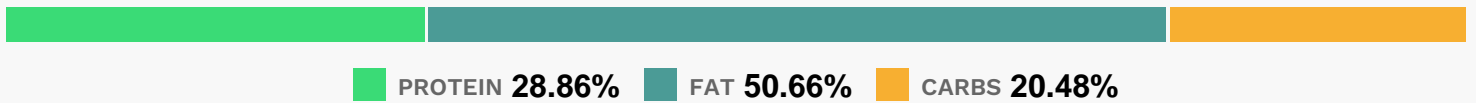
Equipment

- frying pan
- dutch oven

Directions

- Heat oil in a large skillet over medium heat; add chicken and onion.
- Saute 10 minutes, or until chicken is cooked through; set aside.
- Combine broth, beans, undrained chiles and seasonings in a large Dutch oven. Bring to a boil over medium-high heat.
- Add chicken mixture; reduce heat and simmer 30 minutes.
- Add sour cream, stirring well. Top each serving with shredded cheese; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:30.565217329108%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 770.06kcal (38.5%), Fat: 43.52g (66.95%), Saturated Fat: 22.43g (140.2%), Carbohydrates: 39.59g (13.2%), Net Carbohydrates: 31.07g (11.3%), Sugar: 3.45g (3.83%), Cholesterol: 182.11mg (60.7%), Sodium: 1219.16mg (53.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.77g (111.55%), Selenium: 50.96µg (72.8%), Phosphorus: 697.05mg (69.71%), Vitamin B3: 10.57mg (52.87%), Vitamin B6: 1mg (49.9%), Calcium: 463.71mg (46.37%), Folate: 163.21µg (40.8%), Fiber: 8.53g (34.11%), Manganese: 0.68mg (34.05%), Magnesium: 130.92mg (32.73%), Potassium: 1112.86mg (31.8%), Vitamin B2: 0.54mg (31.6%), Zinc: 4.53mg (30.18%), Iron: 4.76mg (26.42%), Vitamin A: 1315.77IU (26.32%), Vitamin C: 19.39mg (23.51%), Vitamin B12: 1.27µg (21.14%), Vitamin B1: 0.3mg (20.1%), Vitamin B5: 1.87mg (18.66%), Copper: 0.33mg (16.56%), Vitamin E: 1.42mg (9.49%), Vitamin K: 7.55µg (7.2%), Vitamin D: 1µg (6.68%)