



Easy White Chicken Chili

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce chiles green chopped canned
- ☐ 45 ounce .5 can cannellini beans white rinsed drained canned (kidney)
- ☐ 2 pinches cayenne pepper to taste
- ☐ 5.3 cups chicken broth
- ☐ 0.3 cup cilantro leaves fresh chopped to taste
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup monterrey jack cheese shredded to taste

- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 4 servings salt to taste
- ☐ 3 chicken breast halves boneless skinless

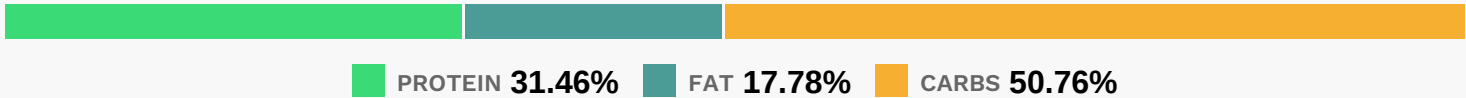
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Heat olive oil in a Dutch oven over medium heat. Cook chicken, onion, and garlic in hot oil until the chicken is browned completely, 3 to 5 minutes per side.
- ☐ Remove the chicken to a cutting board, cut into 1-inch pieces, and return to the Dutch oven; add chicken broth, cannellini, green chilies, oregano, cumin, and cayenne pepper. Bring the mixture to a simmer and cook until the chicken is cooked through, 30 to 45 minutes.
- ☐ Divide cilantro among 4 bowls. Ladle chili over cilantro and top with cheese. Season with salt to serve.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:17.23, Inflammation Score:-10, Nutrition Score:39.547391409459%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 598.48kcal (29.92%), Fat: 12g (18.46%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 77.08g (25.69%), Net Carbohydrates: 59.39g (21.6%), Sugar: 4.05g (4.5%), Cholesterol: 72.98mg (24.33%), Sodium: 1765.78mg (76.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.78g (95.56%), Manganese: 1.97mg (98.3%), Fiber: 17.69g (70.76%), Iron: 11.9mg (66.09%), Folate: 255.19µg (63.8%), Potassium: 1993.37mg (56.95%), Phosphorus: 568.95mg (56.9%), Vitamin B6: 1.05mg (52.29%), Vitamin B3: 10.43mg (52.17%), Selenium: 36.21µg (51.73%), Magnesium: 204.21mg (51.05%), Copper: 0.85mg (42.46%), Calcium: 412.7mg (41.27%), Zinc: 4.91mg (32.74%), Vitamin B1: 0.46mg (30.73%), Vitamin C: 24.37mg (29.54%), Vitamin B2: 0.48mg (28.42%), Vitamin E: 3.77mg (25.15%), Vitamin K: 23.35µg (22.24%), Vitamin B5: 1.98mg (19.75%), Vitamin A: 515.68IU (10.31%), Vitamin B12: 0.35µg (5.81%), Vitamin D: 0.17µg (1.13%)