



Easy White Chili II



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cubes chicken bouillon
- ☐ 4 ounce chilies green undrained chopped canned
- ☐ 48 ounce navy beans rinsed drained
- ☐ 8 ounce salsa
- ☐ 4 chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 2 cups water

Equipment

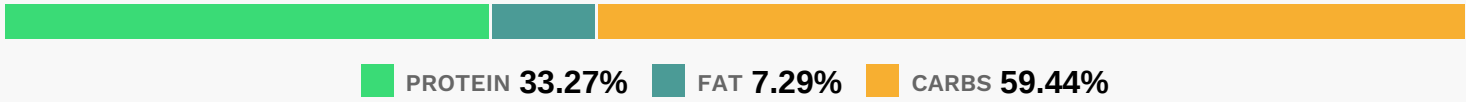
- ☐ potato masher

☐ slow cooker

Directions

- ☐ Combine the chicken, green chilies, salsa, chicken bouillon, navy beans, and water in a slow cooker.
- ☐ Cook on High until the chicken falls apart, about 4 hours.
- ☐ Mash the chili with a potato masher to give a thicker texture, if desired.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:13.9, Inflammation Score:-8, Nutrition Score:30.151738996091%

Nutrients (% of daily need)

Calories: 419.47kcal (20.97%), Fat: 3.43g (5.28%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 62.89g (20.96%), Net Carbohydrates: 37.77g (13.74%), Sugar: 2.91g (3.23%), Cholesterol: 48.21mg (16.07%), Sodium: 403.57mg (17.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.41%), Fiber: 25.12g (100.47%), Folate: 322.04µg (80.51%), Manganese: 1.25mg (62.46%), Phosphorus: 496.89mg (49.69%), Vitamin B3: 9.75mg (48.76%), Vitamin B6: 0.94mg (47.19%), Selenium: 31.03µg (44.32%), Vitamin B1: 0.6mg (39.93%), Magnesium: 146.25mg (36.56%), Potassium: 1258.51mg (35.96%), Iron: 5.79mg (32.17%), Copper: 0.53mg (26.69%), Zinc: 2.86mg (19.04%), Vitamin B5: 1.75mg (17.53%), Calcium: 173.23mg (17.32%), Vitamin B2: 0.24mg (13.95%), Vitamin C: 5.93mg (7.19%), Vitamin E: 0.63mg (4.18%), Vitamin A: 204.04IU (4.08%), Vitamin K: 3.1µg (2.95%), Vitamin B12: 0.15µg (2.51%)