



Italian White Beans with Chicken

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 tablespoon basil dried fresh chopped
- 1 clove garlic finely chopped
- 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)
- 0.5 cup sun-dried olives drained chopped
- 0.3 cup olives ripe sliced
- 31 oz great northern beans rinsed drained canned

Equipment

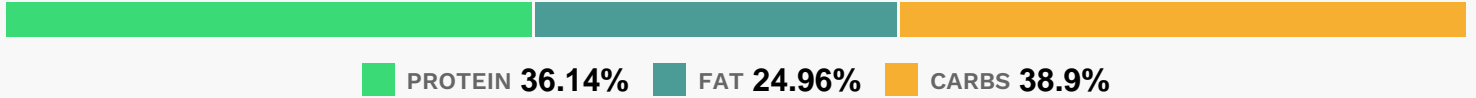
frying pan

Directions

In 10-inch skillet, heat oil over medium heat. Cook basil and garlic in oil 3 minutes, stirring frequently.

Stir in remaining ingredients. Cook, stirring frequently, until hot.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.86, Inflammation Score:-7, Nutrition Score:21.519565219465%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 549.34kcal (27.47%), Fat: 15.67g (24.1%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 54.93g (18.31%), Net Carbohydrates: 41.8g (15.2%), Sugar: 5.26g (5.84%), Cholesterol: 113.56mg (37.85%), Sodium: 566.49mg (24.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.03g (102.05%), Manganese: 1.26mg (63.04%), Fiber: 13.13g (52.51%), Folate: 190.69µg (47.67%), Magnesium: 146.95mg (36.74%), Potassium: 1275.65mg (36.45%), Phosphorus: 351.98mg (35.2%), Iron: 5.65mg (31.4%), Copper: 0.58mg (29.01%), Vitamin K: 29.44µg (28.04%), Vitamin B1: 0.39mg (26.06%), Calcium: 159.72mg (15.97%), Vitamin B6: 0.3mg (15.19%), Selenium: 9.98µg (14.25%), Vitamin B2: 0.21mg (12.5%), Zinc: 1.78mg (11.9%), Vitamin B3: 2.33mg (11.66%), Vitamin C: 8.49mg (10.29%), Vitamin B5: 0.91mg (9.13%), Vitamin E: 0.71mg (4.72%), Vitamin A: 160.84IU (3.22%)