



## Green Chile-White Bean Chicken Stew

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 30 ounce cannellini beans rinsed drained canned
- 13.5 ounce chiles green undrained chopped canned
- 1 teaspoon canola oil
- 3 cups chicken breast diced cooked
- 32 ounce less-sodium chicken broth fat-free
- 1 cup regular corn frozen thawed
- 2 garlic cloves minced
- 3 tablespoons green onions sliced

- 0.5 cup cup heavy whipping cream sour reduced-fat
- 1 cup onion diced (1 medium)
- 2 ounces sharp cheddar cheese shredded 2% reduced-fat

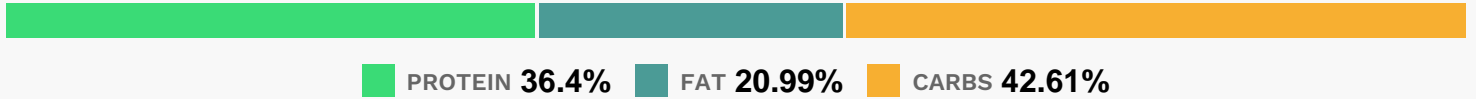
## Equipment

- bowl
- ladle
- dutch oven

## Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add onion and garlic; saut 3 minutes. Stir in green chiles and next 4 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes.
- Ladle soup into individual bowls, and top evenly with cheese, sour cream, and green onions.

## Nutrition Facts



## Properties

Glycemic Index:14.5, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:18.312608773294%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

## Nutrients (% of daily need)

Calories: 305.34kcal (15.27%), Fat: 7.23g (11.13%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 26.01g (9.46%), Sugar: 1.13g (1.26%), Cholesterol: 56.74mg (18.91%), Sodium: 757.43mg (32.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.43%), Vitamin B3: 9.02mg (45.11%), Phosphorus: 350.41mg (35.04%), Selenium: 24.32µg (34.75%), Folate: 131.76µg (32.94%), Vitamin B6: 0.58mg (29.02%), Fiber: 7.01g (28.06%), Manganese: 0.53mg (26.52%), Vitamin C: 21.49mg (26.05%), Magnesium: 85.08mg (21.27%), Potassium: 730.62mg (20.87%), Iron: 3.26mg (18.11%), Calcium: 164.76mg (16.48%), Vitamin B1: 0.24mg (16.17%), Vitamin B2: 0.24mg (13.91%), Copper: 0.24mg (12.22%), Zinc: 1.81mg (12.06%), Vitamin B5: 1.1mg

(10.99%), Vitamin B12: 0.54µg (9.01%), Vitamin K: 5.51µg (5.24%), Vitamin A: 213.19IU (4.26%), Vitamin E: 0.34mg (2.28%)