



Healthy & Delicious: White Chicken Chili



Gluten Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch ground pepper
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 1 cloves garlic minced
- ☐ 0.7 medium onion chopped
- ☐ 0.7 teaspoon ground cumin
- ☐ 2 cups chicken broth
- ☐ 1 teaspoon olive oil
- ☐ 1 pinch ground cloves

- ☐ 0.5 cup cheddar cheese white low-fat grated
- ☐ 1.5 cups roasted chicken diced cooked
- ☐ 1 jalapeno seeded chopped
- ☐ 4 ounce to 2 chilies slit green chopped canned
- ☐ 1 can beans white undrained

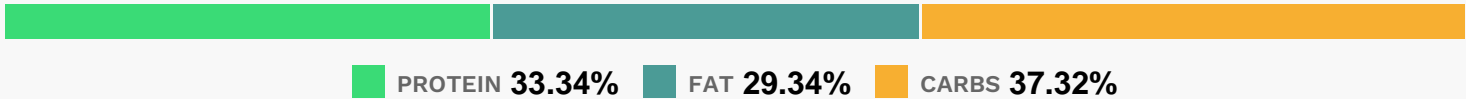
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Heat the oil in a large saucepan over medium heat. Stir in the onion and cook until tender, 4 to 7 minutes.
- ☐ Mix in the garlic, jalapeño, green chile peppers, cumin, oregano, cloves, and cayenne. Continue to cook and stir the mixture until tender, about 3 minutes.
- ☐ Mix in the chicken broth, chicken and white beans. Bring to a boil. Turn down heat and simmer 20 minutes, stirring occasionally. Don't worry if it's a little soupy.
- ☐ At the end of 20 minutes, mash chili lightly using a potato masher, until about half of the beans are broken up. This will give the chili a thicker consistency that will be thickened even more by the cheese. Speaking of...
- ☐ Serve topped with grated cheese.
- ☐ Garnish with cilantro, chopped fresh tomato, salsa, chopped scallions, and/or guacamole if you like, or have fresh warmed flour tortillas or tortilla chips on the side.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:8.23, Inflammation Score:-7, Nutrition Score:21.465217341547%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg 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: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 407.32kcal (20.37%), Fat: 13.3g (20.46%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 29.03g (10.56%), Sugar: 3.69g (4.09%), Cholesterol: 74.47mg (24.82%), Sodium: 892.34mg (38.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.01g (68.02%), Manganese: 0.94mg (47.22%), Phosphorus: 372.76mg (37.28%), Selenium: 25.84µg (36.92%), Fiber: 9.05g (36.19%), Iron: 5.87mg (32.63%), Vitamin B3: 6.17mg (30.85%), Folate: 109.38µg (27.35%), Calcium: 272.37mg (27.24%), Potassium: 931.8mg (26.62%), Magnesium: 102.04mg (25.51%), Zinc: 3.6mg (23.97%), Vitamin B6: 0.48mg (23.87%), Copper: 0.43mg (21.5%), Vitamin B2: 0.35mg (20.42%), Vitamin B1: 0.24mg (16.06%), Vitamin C: 12.26mg (14.86%), Vitamin E: 1.81mg (12.09%), Vitamin B5: 1.1mg (10.97%), Vitamin K: 8.65µg (8.24%), Vitamin B12: 0.43µg (7.23%), Vitamin A: 296.67IU (5.93%)