



 **77%**
HEALTH SCORE

Hearty White Chicken and Corn Chili

 Vegetarian  Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 54 oz regular corn hearty canned
- 2 cups self raising flour gluten-free cubed
- 4 oz pepper flakes diced green undrained canned
- 15 oz cannellini beans rinsed drained canned
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 serving cheddar cheese gluten-free shredded
- 1 serving tomatoes chopped

- 1 serving avocado diced
- 1 serving cilantro leaves fresh chopped

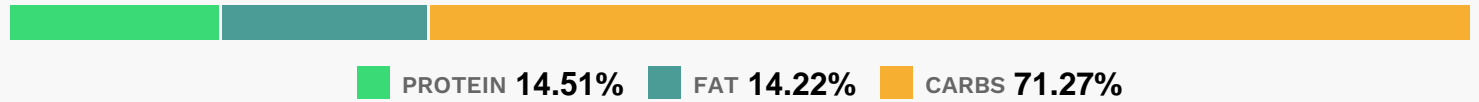
Equipment

- sauce pan

Directions

- In 2-quart saucepan, heat soup, chicken, chiles, beans, chili powder and cumin to boiling, stirring occasionally. Reduce heat to low; simmer 10 minutes to blend flavors, stirring occasionally.
- Top each serving with cheese, tomatoes, avocado and cilantro.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:50.58, Inflammation Score:-9, Nutrition Score:25.736086848637%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 539.31kcal (26.97%), Fat: 9.19g (14.13%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 103.63g (34.54%), Net Carbohydrates: 91.08g (33.12%), Sugar: 13.89g (15.43%), Cholesterol: 5mg (1.67%), Sodium: 55.5mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.21%), Manganese: 1.24mg (61.87%), Vitamin C: 47mg (56.97%), Fiber: 12.55g (50.21%), Folate: 142.13µg (35.53%), Phosphorus: 351.94mg (35.19%), Potassium: 1155.34mg (33.01%), Magnesium: 128.95mg (32.24%), Vitamin B6: 0.6mg (30.23%), Selenium: 19.92µg (28.45%), Vitamin B3: 5.59mg (27.95%), Vitamin A: 1379.15IU (27.58%), Vitamin B5: 2.66mg (26.57%), Vitamin B1: 0.38mg (25.32%), Iron: 4.35mg (24.19%), Copper: 0.45mg (22.51%), Zinc: 3.16mg (21.1%), Vitamin B2: 0.27mg (15.87%), Vitamin E: 1.9mg (12.65%), Vitamin K: 12.61µg (12.01%), Calcium: 113.95mg (11.4%)