



Italian White Beans with Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

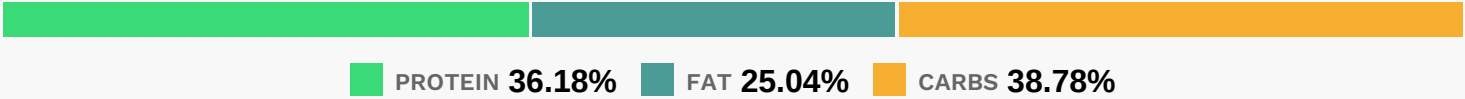
Equipment

- ☐ 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:19.87782599615%

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: 547.01kcal (27.35%), Fat: 15.62g (24.04%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 54.45g (18.15%), Net Carbohydrates: 41.7g (15.16%), Sugar: 5.24g (5.83%), Cholesterol: 113.56mg (37.85%), Sodium: 565.73mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.8g (101.59%), Manganese: 1.16mg (58.14%), Fiber: 12.75g (51%), Folate: 187.59µg (46.9%), Potassium: 1249.35mg (35.7%), Magnesium: 139.84mg (34.96%), Phosphorus: 349.24mg (34.92%), Copper: 0.56mg (27.96%), Iron: 4.75mg (26.41%), Vitamin B1: 0.39mg (26%), Vitamin B6: 0.29mg (14.52%), Selenium: 9.95µg (14.21%), Calcium: 137.32mg (13.73%), Vitamin B2: 0.2mg (11.79%), Vitamin K: 12.3µg (11.71%), Zinc: 1.71mg (11.43%), Vitamin B3: 2.28mg (11.41%), Vitamin C: 8.48mg (10.28%), Vitamin B5: 0.9mg (9.04%), Vitamin E: 0.6mg (4.01%), Vitamin A: 153.4IU (3.07%)