



 **61%**
HEALTH SCORE

Melissa d'Arabian's White Chili with Quick-Roasted Garlic

 Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 anaheim chile peppers
- 15 ounce navy beans undrained canned
- 0.5 teaspoon cayenne pepper
- 1 tablespoon chili powder
- 1 cup cooking wine dry white
- 3 tablespoons flour all-purpose
- 3 cloves garlic minced

- 12 cloves garlic unpeeled
- 0.3 cup heavy cream
- 6 servings kosher salt and pepper black freshly ground
- 7 cups chicken broth low-sodium
- 1 cup monterrey jack cheese grated for garnish
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 12 shallots chopped
- 4 cups meat from a rotisserie chicken shredded cooked
- 0.8 teaspoon paprika smoked
- 10 ounce pkt spinach frozen dry thawed chopped

Equipment

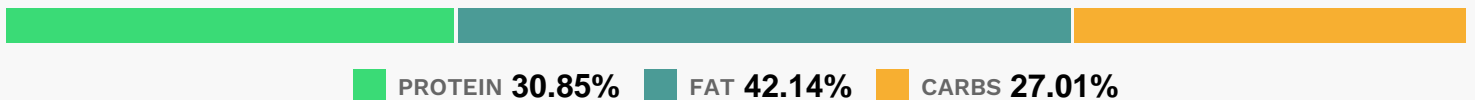
- food processor
- bowl
- frying pan
- sauce pan
- knife
- blender
- plastic wrap
- aluminum foil
- broiler
- microwave
- broiler pan

Directions

- Make the roasted garlic: Toss the 12 cloves garlic with the olive oil and 1 teaspoon water in a microwave-safe bowl. Cover, leaving a vent, and microwave until soft, about 90 seconds.
- Let cool, covered.

- Prepare the chili: Preheat the broiler. Cook the shallots in the olive oil in a large saucepan over medium-low heat until caramelized, about 20 minutes. Meanwhile, place the chiles on a foil-lined broiler pan and broil until charred on all sides, turning, about 8 minutes.
- Transfer to a bowl, cover with plastic wrap and let cool. Peel the peppers with your fingers or a paring knife. Stem, seed and chop.
- Add the minced garlic to the shallots and cook until fragrant, about 2 minutes.
- Add the flour and cook, stirring, until toasted, about 3 minutes. Increase the heat to high and add the wine; simmer 2 minutes, scraping up any browned bits from the pan.
- Add the roasted chiles, 6 cups broth, the chicken, chili powder, cayenne, beans, and salt and black pepper to taste. Return to a simmer.
- Meanwhile, squeeze the soft pulp from the roasted garlic into a blender or food processor.
- Add the remaining 1 cup broth and process until smooth.
- Add to the chili and simmer until thickened, about 30 minutes, adding the spinach during the last 5 minutes.
- Add the paprika and cream and season with salt and pepper.
- Garnish with the cheese.
- Photograph by Kate Mathis

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:35.743913204774%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 577.22kcal (28.86%), Fat: 26.27g (40.42%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 29.51g (10.73%), Sugar: 6.82g (7.58%), Cholesterol: 101.7mg (33.9%), Sodium: 746.49mg (32.46%), Alcohol: 4.12g (100%), Alcohol %: 0.79% (100%), Protein: 43.28g (86.56%), Vitamin K: 185.54µg (176.7%), Vitamin A: 6508.94IU (130.18%), Vitamin B3: 12.35mg (61.75%), Phosphorus: 529.37mg (52.94%), Selenium: 36.32µg (51.88%), Manganese: 1mg (50.15%), Vitamin B6: 0.91mg (45.44%), Folate: 146.22µg (36.55%), Fiber: 8.39g (33.56%), Potassium: 1111.88mg (31.77%), Vitamin B2: 0.52mg (30.77%), Calcium: 307.67mg (30.77%), Iron: 5.42mg (30.09%), Magnesium: 117.17mg (29.29%), Copper: 0.51mg (25.35%), Vitamin E: 3.76mg (25.08%), Zinc: 3.54mg (23.57%), Vitamin B1: 0.29mg (19.26%), Vitamin C: 13.01mg (15.77%), Vitamin B5: 1.39mg (13.9%), Vitamin B12: 0.72µg (12.06%), Vitamin D: 0.32µg (2.16%)