



Michelle's Blonde Chicken Chili

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



10

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 72.5 ounce cannellini beans undrained canned
- 8 ounce chile peppers green chopped canned
- 3 pounds rotisserie chicken breast meat boneless skinless cubed
- 2 cups chicken broth
- 1 teaspoon pepper red crushed
- 2 teaspoons cilantro leaves fresh chopped
- 1 tablespoon garlic powder
- 1 tablespoon ground cumin

- 1 cup onion chopped
- 1 tablespoon oregano dried
- 1 tablespoon vegetable oil

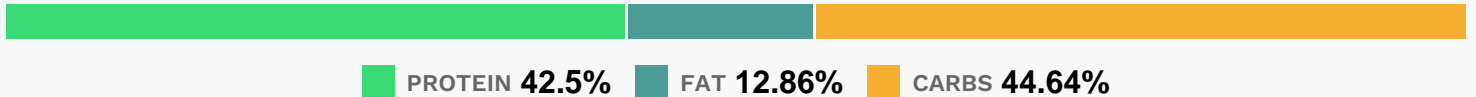
Equipment

- frying pan
- sauce pan

Directions

- In a large skillet over medium-high heat, place the vegetable oil and chicken. Cook the chicken, stirring occasionally, until all pieces are evenly brown. Stir in the onions. Cook until translucent.
- Drain mixture and set aside.
- In a large saucepan over medium heat, bring the chicken broth and green chile peppers to a boil. Stir in 3 cans great northern beans, garlic powder, cumin, oregano, cilantro and crushed red pepper. Stir in the chicken and onion mixture, and reduce heat. Simmer 30 minutes or longer, adding additional beans from the remaining cans for a thicker consistency as desired.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:29.197826030462%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 422.23kcal (21.11%), Fat: 6.05g (9.31%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 36.09g (13.12%), Sugar: 0.95g (1.05%), Cholesterol: 88.03mg (29.34%), Sodium: 436.02mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.99g (89.98%), Vitamin B3: 15.48mg (77.42%), Selenium: 52.59µg (75.13%), Vitamin B6: 1.31mg (65.44%), Phosphorus: 581.96mg (58.2%), Manganese: 0.96mg

(47.88%), Folate: 188.9µg (47.23%), Fiber: 11.15g (44.59%), Potassium: 1312.94mg (37.51%), Magnesium: 147.65mg (36.91%), Vitamin B1: 0.41mg (27.28%), Iron: 4.76mg (26.45%), Vitamin B5: 2.57mg (25.66%), Copper: 0.39mg (19.68%), Vitamin B2: 0.31mg (17.99%), Vitamin C: 13.32mg (16.14%), Zinc: 2.28mg (15.2%), Calcium: 144.34mg (14.43%), Vitamin K: 6.25µg (5.96%), Vitamin B12: 0.28µg (4.69%), Vitamin E: 0.59mg (3.9%), Vitamin A: 147.43IU (2.95%)