



Quinoa White Chicken Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce beans white canned
- ☐ 3 cups chicken stock see
- ☐ 2 tablespoon cilantro leaves chopped
- ☐ 1 teaspoon cumin toasted
- ☐ 3 cloves garlic chopped
- ☐ 2 jalapeño peppers diced
- ☐ 1 tablespoon juice of lime (-)
- ☐ 1 tablespoon oil

- ☐ 1 onion diced
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 cup quinoa rinsed
- ☐ 1 cup salsa verde
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound chicken breasts boneless skinless

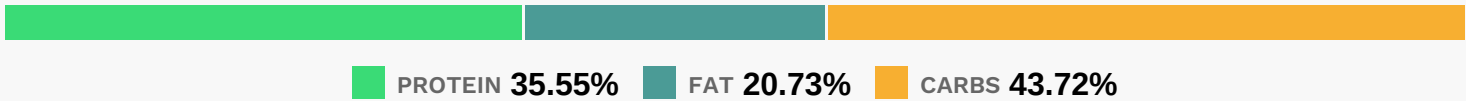
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a large sauce pan over medium heat, add the onion and jalapeno peppers and cook until tender, about 5–7 minutes.
- ☐ Add the garlic and cumin and cook until fragrant, about a minute.
- ☐ Add the broth, salsa verde, chicken, beans, quinoa and oregano, bring to a boil, reduce the heat and simmer until the chicken is cooked and the quinoa is tender, about 10–15 minutes.
- ☐ Remove the chicken, shred or dice, return to soup along with the lime juice and cilantro, season with salt and pepper and remove from heat.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:6.28, Inflammation Score:-8, Nutrition Score:26.888695955276%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 416.64kcal (20.83%), Fat: 9.48g (14.58%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 44.96g (14.99%), Net Carbohydrates: 37.48g (13.63%), Sugar: 6.16g (6.85%), Cholesterol: 76.1mg (25.37%), Sodium: 1394.59mg (60.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.56g (73.12%), Vitamin B3: 12.84mg (64.18%), Manganese: 1.19mg (59.43%), Selenium: 41.03µg (58.61%), Vitamin B6: 1.13mg (56.47%), Phosphorus: 455.76mg (45.58%), Potassium: 1252.37mg (35.78%), Magnesium: 134.55mg (33.64%), Folate: 121.06µg (30.27%), Fiber: 7.48g (29.92%), Iron: 5.24mg (29.1%), Copper: 0.46mg (22.86%), Vitamin B1: 0.31mg (20.85%), Vitamin B5: 2.07mg (20.7%), Vitamin B2: 0.34mg (20.17%), Vitamin C: 15.77mg (19.12%), Zinc: 2.75mg (18.32%), Vitamin E: 2.59mg (17.27%), Calcium: 120.98mg (12.1%), Vitamin A: 495.83IU (9.92%), Vitamin K: 9.47µg (9.02%), Vitamin B12: 0.26µg (4.37%)