



Savory White Chicken Chili

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz cannellini beans drained progresso® canned
- 4.5 oz chilis green chopped old el paso® canned
- 2 tablespoons canola oil
- 1.5 cups chicken broth progresso®
- 1 tablespoon chili powder
- 6 oz yogurt plain fat free
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced

- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper red (cayenne)
- 0.5 cup onion chopped
- 1 medium bell pepper red chopped
- 1 teaspoon salt
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 0.5 teaspoon sugar

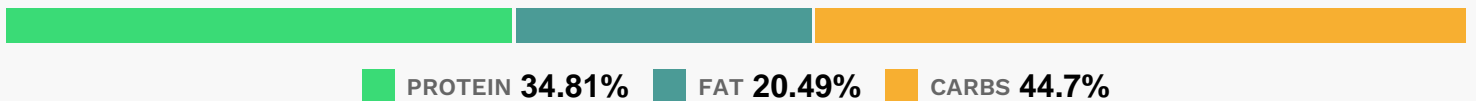
Equipment

- sauce pan
- dutch oven

Directions

- In 4-quart saucepan or Dutch oven, heat oil over medium heat. Cook chicken, onion and garlic 5 to 7 minutes, stirring occasionally, until chicken is no longer pink.
- Stir in remaining ingredients, except cilantro and yogurt.
- Heat to boiling. Reduce heat; cover and simmer 10 minutes, stirring occasionally.
- Remove from heat; stir in cilantro and yogurt.
- Serve with additional yogurt and chopped cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:64.77, Glycemic Load:12.11, Inflammation Score:-9, Nutrition Score:36.851304417071%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 497.38kcal (24.87%), Fat: 11.44g (17.61%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 56.18g (18.73%), Net Carbohydrates: 43.62g (15.86%), Sugar: 7.05g (7.83%), Cholesterol: 75.19mg (25.06%), Sodium: 1246.23mg (54.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.75g (87.49%), Vitamin B3: 13.12mg (65.58%), Manganese: 1.3mg (64.89%), Vitamin C: 53.1mg (64.36%), Vitamin B6: 1.25mg (62.37%), Selenium: 42.47µg (60.67%), Phosphorus: 530.59mg (53.06%), Fiber: 12.55g (50.22%), Potassium: 1699mg (48.54%), Folate: 183.96µg (45.99%), Iron: 8.21mg (45.59%), Magnesium: 159.38mg (39.84%), Vitamin A: 1729.79IU (34.6%), Vitamin E: 4.47mg (29.82%), Copper: 0.59mg (29.42%), Calcium: 282.39mg (28.24%), Zinc: 3.79mg (25.25%), Vitamin B5: 2.47mg (24.68%), Vitamin B2: 0.41mg (24.05%), Vitamin B1: 0.36mg (23.75%), Vitamin K: 18.37µg (17.5%), Vitamin B12: 0.5µg (8.4%)