



Slow-Cooker Spicy White Chicken Chili

 Gluten Free  Dairy Free

READY IN



275 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb chicken thighs skinless
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon hot sauce red

- ☐ 30 oz great northern beans rinsed drained canned
- ☐ 11 oz corn syrup white drained canned
- ☐ 3 tablespoons juice of lime
- ☐ 2 tablespoons cilantro leaves fresh chopped

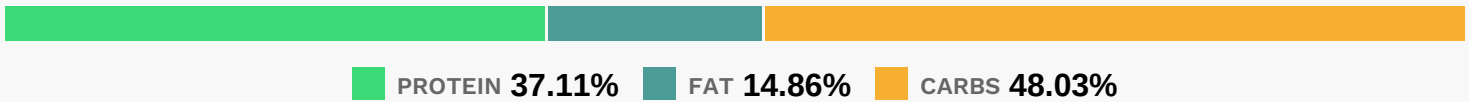
Equipment

- ☐ slow cooker

Directions

- ☐ Remove excess fat from chicken. In 3 1/2- to 4-quart slow cooker, mix onion, garlic, broth, cumin, oregano, salt and pepper sauce.
- ☐ Add chicken.
- ☐ Cover; cook on Low heat setting 4 to 5 hours.
- ☐ Remove chicken from slow cooker. Use 2 forks to remove bones and shred chicken into pieces. Discard bones; return chicken to slow cooker. Stir in beans, corn, lime juice and cilantro. Cover; cook on Low heat setting 15 to 20 minutes or until beans and corn are hot.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:16.792173828768%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 275.46kcal (13.77%), Fat: 4.66g (7.17%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 27.14g (9.87%), Sugar: 4.2g (4.67%), Cholesterol: 81.82mg (27.27%), Sodium: 422.05mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.42%), Phosphorus: 350.96mg (35.1%), Selenium:

24.33µg (34.76%), Manganese: 0.62mg (30.77%), Vitamin B3: 6.06mg (30.31%), Vitamin B6: 0.58mg (29.01%),
Fiber: 6.78g (27.1%), Folate: 102.38µg (25.6%), Magnesium: 90.64mg (22.66%), Potassium: 736.14mg (21.03%),
Vitamin B1: 0.29mg (19.25%), Vitamin B5: 1.65mg (16.52%), Iron: 2.92mg (16.23%), Vitamin B2: 0.27mg (16.16%), Zinc:
2.3mg (15.31%), Copper: 0.26mg (13.17%), Vitamin B12: 0.55µg (9.24%), Vitamin C: 7.35mg (8.9%), Calcium:
80.07mg (8.01%), Vitamin K: 4.63µg (4.41%), Vitamin E: 0.28mg (1.88%)