



## Slow-Cooker White Chicken Chili

 Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb chicken breast boneless skinless sliced cut in half lengthwise then crosswise
- 1 cup onion chopped
- 1.5 cups bell pepper red chopped
- 4 medium cloves garlic finely chopped
- 15.3 oz corn whole drained canned
- 15 oz great northern beans rinsed drained canned
- 16 oz cheddar cheese green
- 0.5 cup chicken broth (from 32-oz carton)

- 0.5 teaspoon salt
- 1 serving cilantro leaves fresh

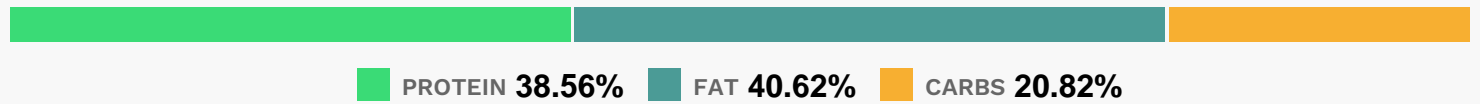
## Equipment

- slow cooker

## Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix all ingredients except cilantro.
- Cover; cook on Low heat setting 6 to 7 hours.
- Stir well and garnish each serving with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:20.17, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:33.688261125399%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

## Nutrients (% of daily need)

Calories: 601.64kcal (30.08%), Fat: 26.96g (41.47%), Saturated Fat: 13.99g (87.43%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 26.34g (9.58%), Sugar: 3.73g (4.14%), Cholesterol: 168.98mg (56.33%), Sodium: 1023.91mg (44.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.57g (115.15%), Selenium: 63.16µg (90.23%), Vitamin B3: 17.2mg (85.99%), Phosphorus: 795.84mg (79.58%), Vitamin B6: 1.42mg (70.95%), Vitamin C: 54.24mg (65.75%), Calcium: 558.03mg (55.8%), Vitamin A: 1712.08IU (34.24%), Potassium: 1085.24mg (31.01%), Vitamin B2: 0.5mg (29.27%), Folate: 116.45µg (29.11%), Magnesium: 110.12mg (27.53%), Vitamin B5: 2.7mg (27.04%), Zinc: 3.99mg (26.61%), Manganese: 0.49mg (24.4%), Vitamin B12: 1.24µg (20.6%), Fiber: 4.75g (19%), Vitamin B1: 0.27mg (17.79%), Iron: 2.54mg (14.13%), Copper: 0.22mg (11.06%), Vitamin E: 1.08mg (7.2%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.53µg (3.53%)