



## Slow-Cooker White Chicken Chili

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

READY IN



**375 min.**

SERVINGS



**6**

CALORIES



**423 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz great northern beans rinsed drained canned
- 0.5 cup chicken broth (from 32-oz carton)
- 6 servings cilantro leaves fresh
- 4 medium cloves garlic finely chopped
- 16 oz sauce green
- 1 cup onion chopped
- 1.5 cups bell pepper red chopped
- 0.5 teaspoon salt

- 2 lb chicken breast boneless skinless sliced cut in half lengthwise then crosswise
- 15.3 oz corn whole drained canned

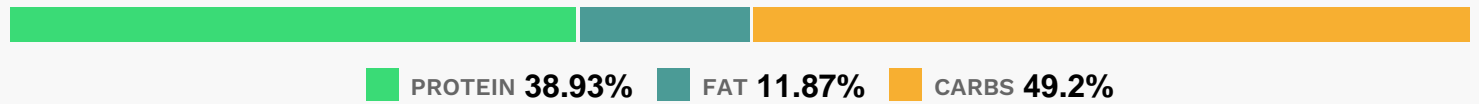
## Equipment

- 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:25.949130193047%

## 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: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 423.24kcal (21.16%), Fat: 5.49g (8.44%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 51.16g (17.05%), Net Carbohydrates: 46.41g (16.88%), Sugar: 20.26g (22.52%), Cholesterol: 97.16mg (32.39%), Sodium: 1472.25mg (64.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.49g (80.98%), Vitamin B3: 17.11mg (85.56%), Selenium: 51.82µg (74.03%), Vitamin B6: 1.37mg (68.65%), Vitamin C: 54.26mg (65.78%), Phosphorus: 464.76mg (46.48%), Potassium: 1021.42mg (29.18%), Folate: 106.68µg (26.67%), Vitamin B5: 2.52mg (25.17%), Vitamin A: 1219.51IU (24.39%), Manganese: 0.47mg (23.58%), Magnesium: 91.25mg (22.81%), Fiber: 4.75g (19.01%), Vitamin B1: 0.25mg (16.63%), Vitamin B2: 0.26mg (15.14%), Iron: 2.1mg (11.66%), Zinc: 1.72mg (11.44%), Copper: 0.2mg (10.13%), Calcium: 59.9mg (5.99%), Vitamin E: 0.89mg (5.95%), Vitamin B12: 0.31µg (5.11%), Vitamin K: 2.58µg (2.46%), Vitamin D: 0.15µg (1.01%)