



Slow-Cooker White Chicken Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce chiles green drained chopped canned
- ☐ 1 teaspoon ground pepper
- ☐ 3 cups chicken dark white cut into bite-size pieces (or meat)
- ☐ 4 cups chicken broth
- ☐ 1 tablespoon chili powder
- ☐ 1 pound great northern beans dried picked over rinsed
- ☐ 6 cloves garlic minced crushed
- ☐ 1 teaspoon ground cumin

- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings fries for serving
- ☐ 6 cups water

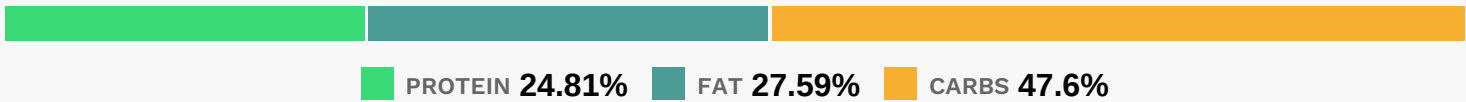
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Add chicken, onion, and garlic and cook, stirring, until onion is tender and chicken is cooked through.
- ☐ Transfer mixture to a 4- or 5-quart slow cooker.
- ☐ Add remaining ingredients, except cheese and taco chips. Cook 30 minutes on High.
- ☐ Depending on your schedule, you can either leave the slowcooker set on High and your chili will be ready in 5 hours, or you can switch heat to Low and let it cook 9 to 10 hours.
- ☐ To serve, ladle chili into individual bowls. Top each with cheese and serve with chips on the side.

Nutrition Facts



Properties

Glycemic Index:31.72, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:30.493913355081%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 445.15kcal (22.26%), Fat: 13.95g (21.46%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 54.16g (18.05%), Net Carbohydrates: 37.02g (13.46%), Sugar: 3.44g (3.82%), Cholesterol: 40.24mg (13.41%), Sodium: 933.25mg (40.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.45%), Folate: 397.71µg (99.43%), Fiber: 17.14g (68.58%), Manganese: 1.29mg (64.41%), Phosphorus: 490.17mg (49.02%), Magnesium: 166.4mg (41.6%), Vitamin B1: 0.57mg (38.15%), Copper: 0.75mg (37.46%), Potassium: 1277.31mg (36.49%), Iron: 5.91mg (32.81%), Calcium: 327.53mg (32.75%), Vitamin B6: 0.6mg (30.04%), Vitamin C: 21.64mg (26.23%), Selenium: 18µg (25.71%), Vitamin B2: 0.42mg (24.55%), Vitamin B3: 4.23mg (21.14%), Zinc: 3mg (19.99%), Vitamin A: 784.08IU (15.68%), Vitamin B5: 1.23mg (12.27%), Vitamin K: 10.71µg (10.2%), Vitamin E: 1.38mg (9.21%), Vitamin B12: 0.27µg (4.53%), Vitamin D: 0.17µg (1.11%)