



Slow Cooker White Chicken Chili Mac



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 anaheim chili diced
- ☐ 1 avocado diced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 45 ounce beans white canned
- ☐ 3 cups chicken breast shredded cooked
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons garlic minced

- ☐ 0.5 teaspoon garlic salt
- ☐ 0.8 cup bell pepper diced green
- ☐ 0.3 cup ground cumin
- ☐ 3 juice of lime juiced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 large onion finely chopped
- ☐ 3 cups soup noodles dry
- ☐ 1 ounce ranch seasoning mix
- ☐ 64 ounces reduced sodium chicken broth
- ☐ 2 cups zucchini sliced

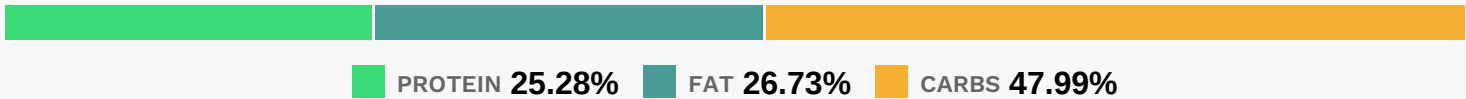
Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Heat oil in a large dutch oven over medium heat.
- ☐ Saute onions and garlic until softened, about 5 minutes. Stir in Anaheim peppers, zucchini, green bell peppers, chicken and beans.
- ☐ Saute for 10 minutes, stirring often.
- ☐ Transfer to a large crock pot over high heat.
- ☐ Add broth, Ranch seasoning, lime juice, cumin, garlic salt, salt, pepper and pasta. Close lid and let cook for 2 hours on high. Reduce heat to low or warm. Right before serving stir in cilantro and top each individual bowl with diced avocado.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:10.6, Inflammation Score:-7, Nutrition Score:19.905652253524%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 358.14kcal (17.91%), Fat: 10.94g (16.82%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 36.13g (13.14%), Sugar: 2.7g (3%), Cholesterol: 26.25mg (8.75%), Sodium: 477mg (20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.54%), Manganese: 0.98mg (49.04%), Iron: 7.68mg (42.68%), Fiber: 8.05g (32.21%), Vitamin B3: 5.9mg (29.51%), Selenium: 20.43µg (29.18%), Phosphorus: 287.84mg (28.78%), Potassium: 1002.91mg (28.65%), Magnesium: 101.08mg (25.27%), Copper: 0.49mg (24.62%), Folate: 97.1µg (24.27%), Vitamin C: 17.57mg (21.3%), Vitamin B6: 0.41mg (20.72%), Zinc: 2.55mg (17.03%), Calcium: 150.45mg (15.05%), Vitamin B1: 0.2mg (13.66%), Vitamin E: 1.97mg (13.12%), Vitamin B2: 0.21mg (12.49%), Vitamin K: 12.89µg (12.27%), Vitamin B5: 0.92mg (9.23%), Vitamin A: 226.75IU (4.54%), Vitamin B12: 0.25µg (4.21%)