



## Slow-Cooker White Chicken Chili with Hominy

 Gluten Free

READY IN



605 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.3 pounds chicken thighs boneless skinless
- ☐ 31.6 ounces great northern beans rinsed drained canned
- ☐ 15.5 ounces hominy white drained canned
- ☐ 1 oz beef broth 25%
- ☐ 4 oz chilis green chopped canned
- ☐ 10.8 ounces cream of mushroom soup reduced-sodium canned
- ☐ 1 serving cream sour
- ☐ 1 serving spring onion chopped

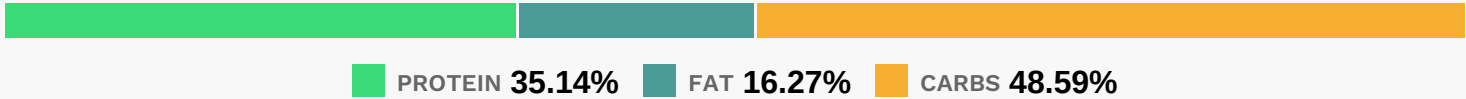
# Equipment

☐ slow cooker

# Directions

- ☐ Place chicken in 3- to 4-quart slow cooker.
- ☐ Top with remaining ingredients except sour cream and onions.
- ☐ Cover and cook on low heat setting 8 to 10 hours.
- ☐ Before serving, stir gently to break up chicken pieces.
- ☐ Serve topped with
- ☐ sour cream and onions.

# Nutrition Facts



# Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:21.00347835603%

# Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

# Nutrients (% of daily need)

Calories: 374.92kcal (18.75%), Fat: 6.77g (10.42%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 35.91g (13.06%), Sugar: 1.42g (1.58%), Cholesterol: 93.49mg (31.16%), Sodium: 787.34mg (34.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.81%), Selenium: 29.81µg (42.59%), Phosphorus: 424.1mg (42.41%), Manganese: 0.83mg (41.49%), Fiber: 9.6g (38.38%), Folate: 139.97µg (34.99%), Vitamin B3: 6.57mg (32.86%), Vitamin B6: 0.63mg (31.34%), Magnesium: 114.31mg (28.58%), Zinc: 3.76mg (25.08%), Potassium: 862.25mg (24.64%), Iron: 4.18mg (23.21%), Vitamin B1: 0.31mg (20.92%), Copper: 0.42mg (20.83%), Vitamin B5: 1.78mg (17.82%), Vitamin B2: 0.3mg (17.74%), Vitamin B12: 0.69µg (11.5%), Calcium: 106.54mg (10.65%), Vitamin C: 8.61mg (10.44%), Vitamin K: 4.99µg (4.75%), Vitamin E: 0.22mg (1.47%), Vitamin A: 69.66IU (1.39%)