



WHATSheATE



Slow-Cooker White Chicken Chili with Hominy



Gluten Free

READY IN



605 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31.6 ounces great northern beans rinsed drained canned
- ☐ 4.5 ounces chilis green chopped canned
- ☐ 10.8 ounces cream of mushroom soup reduced-sodium canned
- ☐ 6 servings spring onion chopped
- ☐ 15.5 ounces hominy white drained canned
- ☐ 1.3 pounds chicken thighs boneless skinless
- ☐ 6 servings cream sour
- ☐ 1.3 ounces taco seasoning 40%

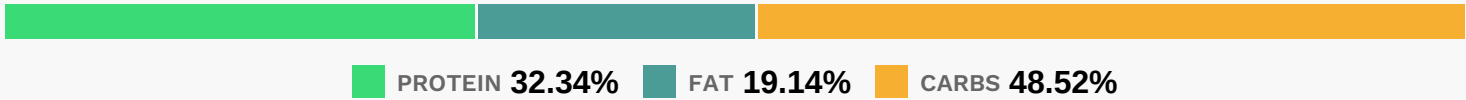
Equipment

☐ 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 withsour cream and onions.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:23.037825765817%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 407.63kcal (20.38%), Fat: 8.73g (13.43%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 38.89g (14.14%), Sugar: 2.99g (3.32%), Cholesterol: 99.39mg (33.13%), Sodium: 1268.46mg (55.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.36%), Fiber: 10.88g (43.51%), Phosphorus: 433.81mg (43.38%), Selenium: 30.22µg (43.17%), Manganese: 0.84mg (41.94%), Folate: 145.05µg (36.26%), Vitamin B3: 6.62mg (33.12%), Vitamin B6: 0.64mg (31.84%), Magnesium: 116.41mg (29.1%), Iron: 4.69mg (26.05%), Zinc: 3.82mg (25.44%), Potassium: 881.77mg (25.19%), Vitamin B1: 0.32mg (21.25%), Copper: 0.42mg (21.13%), Vitamin B2: 0.32mg (19%), Vitamin B5: 1.82mg (18.21%), Vitamin C: 13.11mg (15.89%), Vitamin A: 738.84IU (14.78%), Vitamin K: 15.49µg (14.75%), Calcium: 121.09mg (12.11%), Vitamin B12: 0.71µg (11.85%), Vitamin E: 0.29mg (1.9%)