



Slow Cooker White Chili with Chicken



Gluten Free



Dairy Free

READY IN



735 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken broth
- ☐ 0.5 pound cannellini beans dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno chopped
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon ground oregano
- ☐ 1 pound chicken breast halves boneless skinless

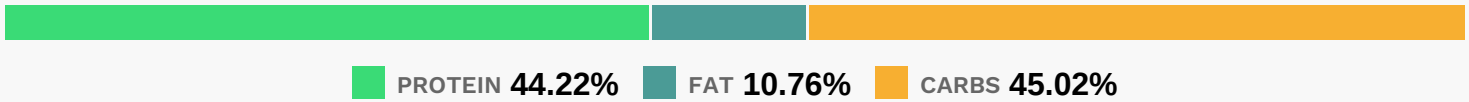
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place Great Northern beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight.
- ☐ Drain and rinse beans.
- ☐ Place beans, chicken, onion, chicken broth, jalapeno pepper, cumin, oregano, and garlic powder in a slow cooker.
- ☐ Cook on High for 4 hours or on Low for 8 hours.
- ☐ Remove chicken breasts from the chili and place on a work surface; shred chicken breasts with a fork and mix back into chili.
- ☐ Spoon chili into 4 bowls; top each serving with 1/4 of the chopped tomato, 1 ounce Mexican cheese blend, and 1 tablespoon chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:28.810000067172%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 343.92kcal (17.2%), Fat: 4.11g (6.32%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 26.64g (9.69%), Sugar: 2.97g (3.3%), Cholesterol: 76.1mg (25.37%), Sodium: 795.31mg (34.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38g (75.99%), Folate: 282.98µg (70.75%), Vitamin B3: 13.43mg (67.14%), Selenium: 44.54µg (63.62%), Vitamin B6: 1.15mg (57.52%), Phosphorus: 509.1mg (50.91%), Manganese:

0.96mg (48.2%), Fiber: 12.05g (48.19%), Potassium: 1289.13mg (36.83%), Magnesium: 143.51mg (35.88%), Vitamin B1: 0.49mg (32.97%), Copper: 0.55mg (27.4%), Iron: 4.14mg (22.97%), Vitamin B5: 2.29mg (22.93%), Vitamin B2: 0.36mg (21.33%), Zinc: 2.17mg (14.45%), Calcium: 125.36mg (12.54%), Vitamin C: 10.16mg (12.31%), Vitamin K: 5.98µg (5.69%), Vitamin B12: 0.26µg (4.37%), Vitamin E: 0.61mg (4.09%), Vitamin A: 88.92IU (1.78%)