



## Southwest White Chicken Chili

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 30 ounces kidney beans white rinsed drained canned (cannellini)
- 4 teaspoons chili powder
- 10.8 ounces cream of chicken soup fat free 98% canned (Regular or )
- 1.5 cups corn whole frozen
- 0.8 cup bell pepper green chopped
- 2 teaspoons ground cumin
- 1 cup onion chopped
- 2 tablespoons cheddar cheese shredded

- 1 pound chicken breast halves boneless skinless cut into cubes
- 1 tablespoon vegetable oil
- 0.8 cup water

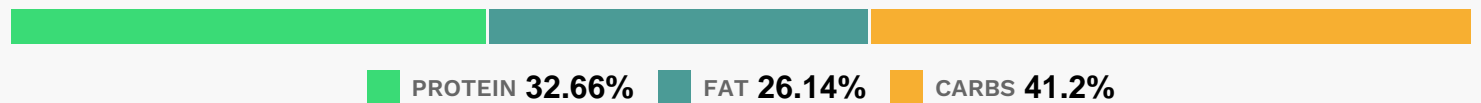
## Equipment

- sauce pan

## Directions

- Heat the oil in a 4-quart saucepan over medium-high heat.
- Add the chicken, chili powder, cumin, onion and pepper and cook until the chicken is cooked through and the vegetables are tender, stirring often.
- Stir the soup, water, corn and beans in the saucepan and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes, stirring occasionally.
- Sprinkle with the cheese.

## Nutrition Facts



## Properties

Glycemic Index:27.33, Glycemic Load:9.22, Inflammation Score:-7, Nutrition Score:19.635652028996%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

## Nutrients (% of daily need)

Calories: 326.71kcal (16.34%), Fat: 9.56g (14.71%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 25.11g (9.13%), Sugar: 4.59g (5.1%), Cholesterol: 55.28mg (18.43%), Sodium: 912.88mg (39.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.89g (53.77%), Vitamin B3: 9.38mg (46.92%), Selenium: 27.96µg (39.94%), Vitamin B6: 0.79mg (39.31%), Phosphorus: 371.89mg (37.19%), Fiber: 8.82g (35.27%), Manganese: 0.58mg (29.08%), Vitamin C: 19.74mg (23.92%), Potassium: 828.28mg (23.67%), Magnesium: 78.35mg (19.59%), Iron: 3.47mg (19.28%), Copper: 0.35mg (17.64%), Vitamin B1: 0.24mg (16.14%), Folate: 59.73µg (14.93%), Vitamin K: 15.21µg (14.49%), Vitamin B5: 1.43mg (14.34%), Vitamin B2: 0.24mg (14.07%), Vitamin A: 616.76IU

(12.34%), Zinc: 1.84mg (12.24%), Calcium: 92.27mg (9.23%), Vitamin E: 1.26mg (8.39%), Vitamin B12: 0.18µg (3.02%)