



Southwestern White Chicken Chili

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 oz chiles green undrained canned
- 30 oz beans white rinsed canned
- 1.5 cups four cheese shredded mexican style kraft finely
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp cilantro leaves fresh chopped
- 1 tsp ground cumin
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 small onion chopped

1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

sauce pan

Directions

- Heat dressing in large saucepan on medium-high heat.
- Add chicken and onions; cook 7 min. or until chicken is done, stirring occasionally.
- Stir in beans, broth, chiles and cumin. Bring to boil. Simmer on medium-low heat 10 min., stirring occasionally.
- Serve topped with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:4.5234782164511%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 77.47kcal (3.87%), Fat: 2.65g (4.08%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 5.23g (1.9%), Sugar: 0.33g (0.36%), Cholesterol: 15.33mg (5.11%), Sodium: 134.97mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Selenium: 7.23µg (10.33%), Phosphorus: 86.47mg (8.65%), Vitamin B3: 1.72mg (8.58%), Manganese: 0.16mg (7.8%), Vitamin B6: 0.15mg (7.43%), Calcium: 64.59mg (6.46%), Fiber: 1.47g (5.89%), Potassium: 202.8mg (5.79%), Iron: 1.03mg (5.74%), Folate: 22.86µg (5.71%), Magnesium: 20.73mg (5.18%), Zinc: 0.63mg (4.18%), Copper: 0.08mg (3.8%), Vitamin B2: 0.06mg (3.25%), Vitamin B5: 0.31mg (3.13%), Vitamin B1: 0.04mg (2.77%), Vitamin E: 0.32mg (2.13%), Vitamin C: 1.66mg (2.02%), Vitamin B12: 0.12µg (1.94%), Vitamin K: 1.63µg (1.55%), Vitamin A: 68.96IU (1.38%)