

health-score 71%
HEALTH SCORE

Spicy White Chili with Chicken

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

90 min.

SERVINGS

servings

6

CALORIES

calories

498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 31 ounce cannellini beans drained and rinsed canned
- ☐ 4 chicken breast halves cubed cooked
- ☐ 4 cups chicken broth
- ☐ 1 cup corn kernels
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 3 cloves garlic minced

- ☐ 7 ounce chiles diced green canned
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 1 jalapeno seeded chopped
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 0.3 cup water cold

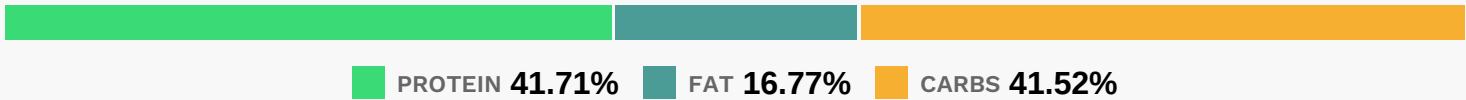
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat olive oil in a large saucepan over medium heat; cook and stir onion, jalapeno, and garlic until onion is tender, about 5 minutes.
- ☐ Add chicken broth, Great Northern beans, garbanzo beans, corn, green chiles, cilantro, lime juice, cumin, and black pepper; bring to a boil. Reduce heat to medium-low and stir chicken into broth. Cover and simmer chili for 45 minutes, stirring occasionally.
- ☐ Whisk cornstarch and water together in a bowl; stir into chili and bring to a boil. Cook and stir until chili is thickened, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:33.06, Glycemic Load:3.2, Inflammation Score:-7, Nutrition Score:29.959565660228%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 498.23kcal (24.91%), Fat: 9.33g (14.35%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 39.98g (14.54%), Sugar: 2.84g (3.15%), Cholesterol: 100.6mg (33.53%), Sodium: 1059.45mg (46.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.21g (104.42%), Vitamin B3: 17.42mg (87.08%), Manganese: 1.42mg (70.91%), Vitamin B6: 1.28mg (64.18%), Selenium: 40.4µg (57.72%), Phosphorus: 552.65mg (55.27%), Fiber: 12.01g (48.02%), Folate: 173.54µg (43.38%), Magnesium: 139.51mg (34.88%), Iron: 5.56mg (30.9%), Potassium: 1070.02mg (30.57%), Vitamin B1: 0.38mg (25.09%), Vitamin C: 19.15mg (23.22%), Copper: 0.46mg (22.92%), Vitamin B2: 0.37mg (21.62%), Zinc: 2.91mg (19.38%), Vitamin B5: 1.91mg (19.12%), Calcium: 154.34mg (15.43%), Vitamin B12: 0.42µg (7.02%), Vitamin E: 0.86mg (5.71%), Vitamin K: 3.29µg (3.13%), Vitamin A: 138.01IU (2.76%)