



Spicy White Chili with Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



6

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 tablespoon juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 0.3 cup water cold

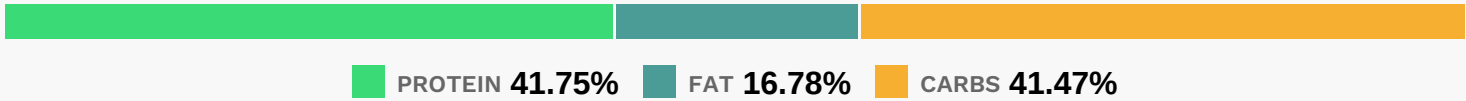
Equipment

- ☐ 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:27.72, Glycemic Load:3.17, Inflammation Score:-7, Nutrition Score:29.669565459956%

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 497.55kcal (24.88%), Fat: 9.32g (14.34%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 51.83g (17.28%), Net Carbohydrates: 39.9g (14.51%), Sugar: 2.74g (3.04%), Cholesterol: 100.6mg (33.53%), Sodium: 1059.38mg (46.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.19g (104.38%), Vitamin B3: 17.39mg (86.93%), Manganese: 1.42mg (70.8%), Vitamin B6: 1.27mg (63.7%), Selenium: 40.39µg (57.71%), Phosphorus: 552.05mg (55.2%), Fiber: 11.94g (47.76%), Folate: 172.91µg (43.23%), Magnesium: 139.16mg (34.79%), Iron: 5.56mg (30.87%), Potassium: 1064.23mg (30.41%), Vitamin B1: 0.38mg (25.03%), Copper: 0.46mg (22.86%), Vitamin B2: 0.37mg (21.52%), Vitamin C: 16.39mg (19.86%), Zinc: 2.9mg (19.36%), Vitamin B5: 1.9mg (19.05%), Calcium: 154.06mg (15.41%), Vitamin B12: 0.42µg (7.02%), Vitamin E: 0.77mg (5.15%), Vitamin K: 2.86µg (2.72%), Vitamin A: 112.86IU (2.26%)