



# Super Easy Chicken Chili

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**849 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 31 ounce great northern beans canned
- 4 ounce chiles green chopped canned
- 2 tablespoons ground pepper
- 14 ounce chicken broth canned
- 2 tablespoons chili powder
- 3 tablespoons ground cumin
- 8 ounce monterrey jack cheese shredded
- 2 tablespoons olive oil

- 1 onion chopped
- 1 roasted chicken skinless
- 8 ounce cream sour

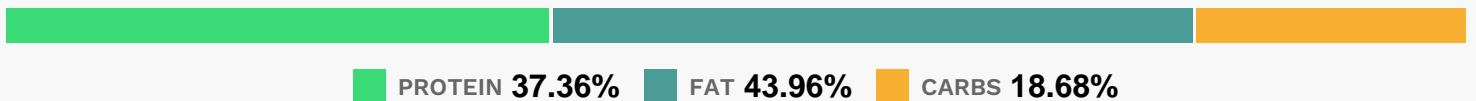
## Equipment

- bowl
- sauce pan
- ladle

## Directions

- Heat olive oil in a large saucepan over medium heat. Stir in onions, and cook until softened and translucent, about 3 minutes.
- Pour in chicken broth, great Northern beans, chopped chiles, and torn chicken. Season with cumin, chili powder, and cayenne pepper. Increase heat to medium-high to bring to a boil, then reduce heat to medium-low, and simmer for 10 minutes.
- Stir in sour cream and simmer for 5 minutes. To serve, ladle into bowls and sprinkle with Monterey Jack cheese.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:0.66, Inflammation Score:-9, Nutrition Score:37.617391679598%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 849.01kcal (42.45%), Fat: 41.4g (63.69%), Saturated Fat: 16.42g (102.63%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 30.06g (10.93%), Sugar: 2.69g (2.99%), Cholesterol: 209.02mg (69.67%), Sodium:

808.34mg (35.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.16g (158.32%), Selenium: 65.41µg (93.44%), Phosphorus: 839.42mg (83.94%), Vitamin B3: 15.67mg (78.37%), Vitamin B6: 1.14mg (56.84%), Calcium: 476.52mg (47.65%), Iron: 8.29mg (46.07%), Vitamin A: 2255.3IU (45.11%), Zinc: 6.64mg (44.3%), Manganese: 0.84mg (41.77%), Vitamin B2: 0.66mg (38.88%), Magnesium: 154.93mg (38.73%), Folate: 153.54µg (38.39%), Fiber: 9.51g (38.03%), Potassium: 1246.97mg (35.63%), Vitamin B12: 1.52µg (25.31%), Vitamin B1: 0.36mg (24.21%), Vitamin B5: 2.23mg (22.31%), Copper: 0.44mg (22.18%), Vitamin E: 2.74mg (18.29%), Vitamin C: 11.59mg (14.05%), Vitamin K: 10.24µg (9.75%), Vitamin D: 0.29µg (1.95%)