



 **57%**
HEALTH SCORE

White Bean and Chicken Chili

 **Gluten Free**  **Dairy Free**

READY IN



510 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz beans white rinsed drained canned
- 3 lb chicken breasts whole bone-in
- 8 oz roasted chilies green drained canned
- 4 cloves garlic chopped
- 1 tablespoon ground cumin
- 4 cups chicken broth low-sodium
- 2 onions chopped
- 1 teaspoon salt and pepper black

- 1 tablespoon vegetable oil
- 1 cup water

Equipment

- bowl
- frying pan
- blender
- slow cooker

Directions

- Place beans and broth in a slow cooker. Cover and cook on high until beans are tender, 2 hours.
- Warm oil in skillet over medium-high heat.
- Sprinkle chicken with salt and pepper.
- Place chicken skin side down in skillet; cook until brown, about 4 minutes. Turn and cook for 2 minutes more.
- Transfer to a plate; remove and discard skin.
- Drain all but 2 Tbsp. fat from skillet.
- Add onions and garlic; cook until softened, 5 minutes.
- Add onion mixture, chilies, 1 cup water and cumin to slow cooker. Stir; add chicken.
- Cook on low for 6 hours, stirring twice.
- Remove 1 cup beans plus 1/2 cup liquid from slow cooker. Puree in a blender; return to slow cooker.
- Remove chicken, shred it and return to slow cooker. Spoon into individual bowls and serve.

Nutrition Facts



PROTEIN 50.34% **FAT 17.86%** **CARBS 31.8%**

Properties

Glycemic Index:23, Glycemic Load:9.41, Inflammation Score:-8, Nutrition Score:37.837391221005%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 501.87kcal (25.09%), Fat: 9.93g (15.28%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 31.66g (11.51%), Sugar: 4.22g (4.68%), Cholesterol: 145.15mg (48.38%), Sodium: 713.81mg (31.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63g (126%), Vitamin B3: 26.54mg (132.72%), Selenium: 75.55µg (107.93%), Vitamin B6: 2.09mg (104.26%), Vitamin C: 60.45mg (73.28%), Phosphorus: 687.4mg (68.74%), Potassium: 1819.21mg (51.98%), Manganese: 0.95mg (47.49%), Magnesium: 149.76mg (37.44%), Iron: 6.58mg (36.53%), Vitamin B5: 3.63mg (36.27%), Fiber: 8.14g (32.56%), Folate: 117.03µg (29.26%), Copper: 0.55mg (27.73%), Vitamin B1: 0.34mg (22.37%), Vitamin B2: 0.37mg (22.02%), Zinc: 3.3mg (21.98%), Calcium: 149.19mg (14.92%), Vitamin E: 2.04mg (13.59%), Vitamin K: 14.26µg (13.58%), Vitamin B12: 0.61µg (10.18%), Vitamin A: 441.5IU (8.83%), Vitamin D: 0.23µg (1.51%)