



HEALTH SCORE

59%

White Bean and Chicken Chili



Gluten Free



Dairy Free



Very Healthy

READY IN



390 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz beans white rinsed drained canned
- ☐ 3 lb chicken breast whole bone-in
- ☐ 8 oz pepper flakes green drained canned
- ☐ 4 cloves garlic chopped
- ☐ 1 tablespoon ground cumin
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 onion chopped
- ☐ 6 servings salt and pepper

☐ 1 tablespoon vegetable oil

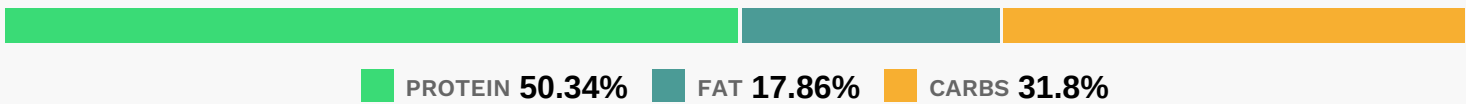
Equipment

- ☐ frying pan
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Warm oil in a skillet over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper, and place skin side down in skillet. Cook 6 minutes, turning once.
- ☐ Transfer to a plate; remove skin.
- ☐ Drain all but 2 Tbsp. fat from pan. Saut onions and garlic for 5 minutes. Stir onion mixture, chilies, 1 cup water, cumin, chicken, beans and broth into slow cooker.
- ☐ Cover and 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. Shred chicken and return to slow cooker.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:9.41, Inflammation Score:-8, Nutrition Score:37.81043478717%

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: 518.05mg (22.52%), Alcohol: Og (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: 1819.17mg (51.98%), Manganese: 0.95mg (47.46%), Magnesium: 149.36mg (37.34%), Iron: 6.57mg (36.52%), Vitamin B5: 3.63mg (36.27%), Fiber: 8.14g (32.56%), Folate: 117.03µg (29.26%), Copper: 0.55mg (27.41%), Vitamin B1: 0.34mg (22.37%), Vitamin B2: 0.37mg (22.02%), Zinc: 3.29mg (21.95%), Calcium: 147.88mg (14.79%), 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%)