



White Bean Chicken Breast Chili

READY IN



50 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 30 ounce beans white drained canned
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 cup chicken broth
- ☐ 0.5 teaspoon chipotle pepper powder
- ☐ 1 teaspoon cornmeal fine
- ☐ 1 teaspoon flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 cloves garlic chopped

- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 large onion diced
- ☐ 0.3 teaspoon oregano dried
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 2 chicken breast halves boneless skinless
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 teaspoon sugar white to taste

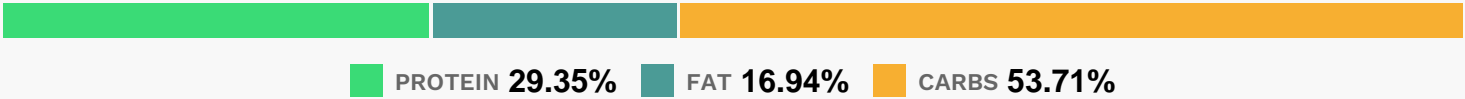
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 teaspoon vegetable oil in a large, deep skillet over medium-high heat.
- ☐ Add chicken breasts and cook until browned, about 4 minutes. Reduce heat to medium, flip breasts, cover the pan, and cook until browned on the other side, about 5 minutes.
- ☐ Remove to a plate and allow to cool before chopping into cubes.
- ☐ Return skillet to medium heat, add 1 teaspoon vegetable oil, onion, salt, and black pepper. Cook and stir until onion turns translucent, 4 to 5 minutes. Stir in garlic and cook until fragrant, about 1 minute.
- ☐ Stir ancho chili powder, cumin, flour, chipotle pepper powder, and oregano into the onion mixture; cook and stir for 2 to 3 minutes.
- ☐ Add 1 cup of the chicken broth and stir, scraping up any brown bits off the bottom of the pan. Stir in cornmeal and bring to a simmer.
- ☐ Stir in beans and 1 more cup chicken broth.
- ☐ Cut cooled chicken breasts into cubes, add to the chili and bring to a simmer.
- ☐ Add remaining cup of chicken broth, season with salt, black pepper, sugar, and cayenne pepper to taste; cook until heated through.
- ☐ Serve garnished with green onions, sour cream, and cilantro.

Nutrition Facts



Properties

Glycemic Index:109.9, Glycemic Load:12.69, Inflammation Score:-9, Nutrition Score:26.532608607541%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg

Nutrients (% of daily need)

Calories: 395.57kcal (19.78%), Fat: 7.59g (11.68%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 54.18g (18.06%), Net Carbohydrates: 41.95g (15.26%), Sugar: 4.03g (4.47%), Cholesterol: 48.64mg (16.21%), Sodium: 338.29mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.6g (59.21%), Manganese: 1.33mg (66.35%), Fiber: 12.23g (48.92%), Iron: 7.67mg (42.62%), Folate: 157.02µg (39.26%), Potassium: 1359.11mg (38.83%), Vitamin B6: 0.73mg (36.46%), Phosphorus: 358.82mg (35.88%), Magnesium: 138.15mg (34.54%), Selenium: 23.75µg (33.93%), Vitamin B3: 6.71mg (33.54%), Vitamin K: 33.32µg (31.74%), Copper: 0.58mg (29.14%), Calcium: 214.53mg (21.45%), Zinc: 3.09mg (20.57%), Vitamin B1: 0.3mg (19.94%), Vitamin E: 2.88mg (19.18%), Vitamin A: 924.04IU (18.48%), Vitamin B2: 0.25mg (14.63%), Vitamin B5: 1.37mg (13.71%), Vitamin C: 6.56mg (7.95%), Vitamin B12: 0.17µg (2.75%)