



## White Bean-Chicken Chili

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup onion coarsely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 3 cups rotisserie chicken cut cubed (from)
- ☐ 0.5 teaspoon ground cumin
- ☐ 20 oz canned tomatoes diced with green chiles, undrained canned
- ☐ 15.5 oz great northern beans rinsed drained canned
- ☐ 1 serving cream sour

☐ 1 serving cilantro leaves fresh chopped

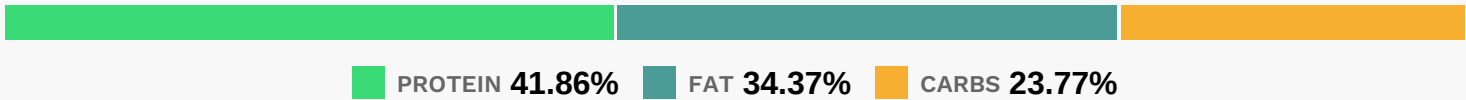
Equipment

☐ dutch oven

Directions

- ☐ In 4 1/2- to 5-quart Dutch oven, melt butter over medium-high heat. Cook onion and garlic in butter, stirring occasionally, until onion is tender.
- ☐ Stir in remaining ingredients except sour cream and cilantro.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered 2 to 3 minutes, stirring occasionally, until hot.
- ☐ Top each serving with sour cream; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:8.953478332447%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 367.51kcal (18.38%), Fat: 14.29g (21.98%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 17.2g (6.25%), Sugar: 3.48g (3.87%), Cholesterol: 114.74mg (38.25%), Sodium: 469.01mg (20.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.14g (78.29%), Manganese: 0.43mg (21.43%), Fiber: 5.03g (20.1%), Folate: 72.17µg (18.04%), Vitamin C: 12.07mg (14.63%), Potassium: 485.19mg (13.86%), Phosphorus: 130.25mg (13.03%), Magnesium: 51.62mg (12.9%), Iron: 2.25mg (12.51%), Vitamin B6: 0.23mg (11.45%), Vitamin B1: 0.16mg (10.9%), Copper: 0.2mg (9.88%), Calcium: 81.04mg (8.1%), Vitamin B2: 0.11mg (6.46%), Vitamin A: 293.81IU (5.88%), Vitamin E: 0.81mg (5.38%), Vitamin B3: 1.06mg (5.3%), Selenium: 3.46µg (4.94%), Zinc: 0.68mg (4.53%), Vitamin B5: 0.36mg (3.65%), Vitamin K: 2.95µg (2.81%)