



HEALTH SCORE

62%

White Bean Chicken Chili



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1006 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz jalapeno cheese cubed
- ☐ 48 oz cannellini beans
- ☐ 8 oz monterrey jack cheese shredded
- ☐ 16 oz salsa
- ☐ 4 chicken breasts boneless skinless cooked

Equipment

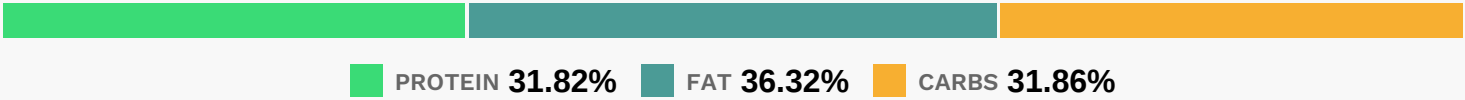
- ☐ pot

Directions

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Add ingredients to a stockpot; heat over low heat until cheeses melt. Stir in up to one cup water for desired consistency; heat until warmed through.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:53.447390825852%

Nutrients (% of daily need)

Calories: 1005.95kcal (50.3%), Fat: 41.13g (63.28%), Saturated Fat: 22.86g (142.85%), Carbohydrates: 81.16g (27.05%), Net Carbohydrates: 55.3g (20.11%), Sugar: 4.79g (5.32%), Cholesterol: 179.48mg (59.83%), Sodium: 1592.78mg (69.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.06g (162.13%), Phosphorus: 1346.33mg (134.63%), Calcium: 1092.57mg (109.26%), Selenium: 75.4µg (107.71%), Fiber: 25.85g (103.42%), Manganese: 1.92mg (95.96%), Folate: 378.17µg (94.54%), Vitamin B3: 15.45mg (77.27%), Vitamin B6: 1.53mg (76.39%), Magnesium: 247.1mg (61.78%), Potassium: 2130.41mg (60.87%), Zinc: 7.66mg (51.05%), Copper: 0.98mg (49.07%), Vitamin B2: 0.82mg (48.3%), Iron: 8.64mg (48%), Vitamin B1: 0.67mg (44.96%), Vitamin A: 1585.75IU (31.72%), Vitamin B5: 3.1mg (30.97%), Vitamin B12: 1.3µg (21.63%), Vitamin E: 2.17mg (14.47%), Vitamin C: 7.93mg (9.62%), Vitamin K: 7.77µg (7.4%), Vitamin D: 0.79µg (5.29%)