

White Bean Chili

 Gluten Free

READY IN



245 min.

SERVINGS



15

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter ()
- 5 cups chicken stock see
- 0.5 bunch cilantro leaves chopped
- 1 pound navy beans dried
- 1 tablespoon garlic minced
- 1.5 cups chiles fresh green canned chopped (or)
- 1 tablespoon ground cumin
- 1 teaspoons ground pepper black

- 0.8 cup onion diced
- 1 tablespoon oregano dried
- 1 pinch pepper flakes red
- 1 pound chicken breasts boneless skinless finely chopped
- 0.5 teaspoon pepper white

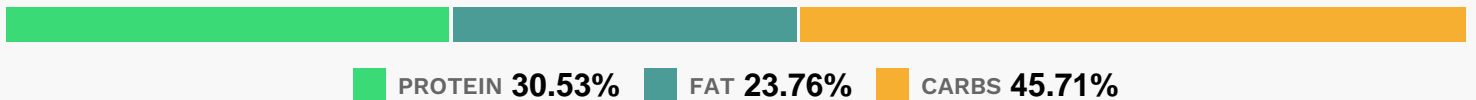
Equipment

- sauce pan
- pot

Directions

- Rinse beans well, cover with cool water, and soak for 2 hours.
- Drain.
- Put the beans in large pot with the chicken stock and bring to a boil over high heat.
- In a saucepan, heat the butter over medium heat.
- Add the garlic, onion, and chiles and saute for 5 minutes.
- Add chile mixture to pot with beans.
- Add the chicken, cumin, oregano, pepper, white pepper, red pepper flakes, and cilantro. Lower the heat to medium and cook, stirring occasionally, for approximately 1 1/2 hours.
- Serve with cornbread, if desired.

Nutrition Facts



Properties

Glycemic Index:12.07, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:13.665217496131%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 201.86kcal (10.09%), Fat: 5.38g (8.28%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 15.3g (5.57%), Sugar: 2.81g (3.12%), Cholesterol: 29.78mg (9.93%), Sodium: 231.61mg (10.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Fiber: 8.01g (32.03%), Folate: 125.46µg (31.37%), Vitamin B3: 5.22mg (26.1%), Manganese: 0.5mg (25.18%), Vitamin B6: 0.44mg (22.2%), Phosphorus: 216.7mg (21.67%), Selenium: 15.01µg (21.44%), Vitamin B1: 0.29mg (19.43%), Potassium: 599.34mg (17.12%), Magnesium: 68.28mg (17.07%), Copper: 0.32mg (15.85%), Iron: 2.57mg (14.27%), Zinc: 1.46mg (9.73%), Vitamin B2: 0.16mg (9.41%), Vitamin C: 6.16mg (7.47%), Vitamin B5: 0.69mg (6.91%), Calcium: 67.08mg (6.71%), Vitamin K: 4.42µg (4.21%), Vitamin A: 153.94IU (3.08%), Vitamin E: 0.26mg (1.74%), Vitamin B12: 0.07µg (1.11%)