



White Bean Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 60 ounce cannellini beans divided rinsed drained canned
- ☐ 9 ounce chiles green chopped canned
- ☐ 8 skinned and boned chicken breast halves cut into bite-size pieces
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 teaspoon chili powder
- ☐ 8 servings garnish: cilantro sprigs fresh
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground cumin

- ☐ 3 tablespoons juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 3 cups water
- ☐ 16 ounce shoepeg corn white frozen

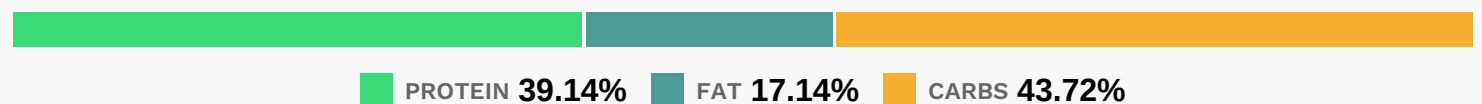
Equipment

- ☐ blender
- ☐ dutch oven

Directions

- ☐ Saut chopped onion in hot oil in a large Dutch oven over medium-high heat 7 minutes; add garlic, and saut 2 to 3 minutes.
- ☐ Stir in chicken pieces, and cook, stirring constantly, until chicken is lightly browned. Stir in 3 cups water and next 5 ingredients; reduce heat, and simmer, stirring often, 10 minutes or until chicken is done.
- ☐ Place 2 cans of beans in a blender; add broth, and process until smooth, stopping to scrape down sides.
- ☐ Stir bean pure, remaining 2 cans of beans, corn, and chiles into chicken mixture in Dutch oven; bring to a boil over medium-high heat. Reduce heat, and simmer, stirring often, 30 minutes or until thoroughly heated. Stir in lime juice just before serving.
- ☐ Garnish, if desired.
- ☐ Note: Use a handheld submersion blender to pure the beans and broth, if desired.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:33.099129889322%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 555.35kcal (27.77%), Fat: 10.74g (16.53%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 61.62g (20.54%), Net Carbohydrates: 48.54g (17.65%), Sugar: 5.11g (5.68%), Cholesterol: 98.01mg (32.67%), Sodium: 816.61mg (35.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.18g (110.36%), Selenium: 55.16µg (78.81%), Vitamin B3: 15.24mg (76.2%), Phosphorus: 670.73mg (67.07%), Vitamin B6: 1.32mg (65.92%), Manganese: 1.1mg (55.18%), Folate: 210.35µg (52.59%), Fiber: 13.08g (52.3%), Magnesium: 172.67mg (43.17%), Potassium: 1472.49mg (42.07%), Iron: 5.71mg (31.74%), Vitamin B1: 0.44mg (29.62%), Vitamin B5: 2.69mg (26.9%), Vitamin C: 21.55mg (26.13%), Zinc: 3.75mg (24.99%), Copper: 0.46mg (23.21%), Vitamin B2: 0.34mg (20.17%), Calcium: 156.96mg (15.7%), Vitamin B12: 0.74µg (12.33%), Vitamin E: 0.86mg (5.74%), Vitamin A: 262.17IU (5.24%), Vitamin K: 5.35µg (5.1%), Vitamin D: 0.16µg (1.1%)