



White Chicken Chili

 Gluten Free  Popular

READY IN



55 min.

SERVINGS



6

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ancho chili powder
- 29 ounce beans white canned
- 1 tablespoon canola oil
- 0.3 cup cilantro leaves chopped
- 4 garlic cloves minced
- 1.5 teaspoons ground coriander
- 1 tablespoon ground cumin
- 1 medium jalapeno minced

- 2 juice of lime juiced for serving
- 6 servings kosher salt and pepper black freshly ground
- 4 cups chicken broth low-sodium
- 1 large onion chopped
- 2 medium poblano peppers chopped
- 1 rotisserie chicken cut shredded skinless
- 6 servings cup heavy whipping cream sour for topping
- 6 servings tortilla chips crushed for topping

Equipment

- bowl
- potato masher
- dutch oven

Directions

- Watch how to make this recipe.
- Drain and rinse the canned white beans. In a medium bowl, mash half of the beans with a potato masher until chunky. Reserve the beans until needed.
- Add the canola oil to a large Dutch oven and heat it over medium-high heat.
- Add the peppers, onions, and garlic and saute until soft and fragrant, about 5 minutes. Season the vegetables with salt, and pepper, to taste.
- Add the cumin, coriander, and chili powder and continue to saute for 1 more minute to toast the spices. Stir in the chicken stock, and lime juice and bring to a simmer.
- Add the beans and continue to simmer for 20 more minutes.
- After 20 minutes of simmering, taste for seasoning, and adjust if necessary. Stir in the shredded rotisserie chicken and cilantro and simmer until heated through, about 5 more minutes.
- Serve the chili in individual bowls topped with a dollop of sour cream, crushed tortilla chips, and lime wedges.

Nutrition Facts

PROTEIN 39.31% FAT 25.09% CARBS 35.6%

Properties

Glycemic Index:38.5, Glycemic Load:7.99, Inflammation Score:-8, Nutrition Score:33.709130494491%

Flavonoids

Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 624.7kcal (31.24%), Fat: 17.87g (27.49%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 57.07g (19.02%), Net Carbohydrates: 47.13g (17.14%), Sugar: 3.51g (3.9%), Cholesterol: 149.48mg (49.83%), Sodium: 705.58mg (30.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63g (126.01%), Vitamin B3: 18.91mg (94.57%), Selenium: 56.73µg (81.05%), Phosphorus: 682.05mg (68.21%), Vitamin C: 39.35mg (47.7%), Manganese: 0.91mg (45.6%), Vitamin B6: 0.86mg (43.11%), Potassium: 1458.31mg (41.67%), Fiber: 9.94g (39.75%), Magnesium: 151.6mg (37.9%), Iron: 6.72mg (37.32%), Vitamin B5: 3.04mg (30.43%), Folate: 121.26µg (30.31%), Copper: 0.56mg (28.06%), Zinc: 3.79mg (25.28%), Vitamin B1: 0.36mg (23.82%), Vitamin B2: 0.39mg (22.69%), Vitamin E: 3.23mg (21.5%), Calcium: 200.96mg (20.1%), Vitamin K: 17.84µg (16.99%), Vitamin B12: 0.63µg (10.51%), Vitamin A: 437.07IU (8.74%)