



White Chicken Chili

 Vegetarian  Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 30 ounce cannellini beans drained and rinsed canned
- 1 teaspoon chili powder
- 0.5 cup cilantro leaves fresh coarsely chopped
- 4 medium garlic clove minced
- 1 tablespoon ground cumin
- 2 medium jalapeno stemmed finely chopped
- 1 teaspoon kosher salt as needed plus more

- 2 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 1 quart chicken broth low-sodium
- 3.5 ounces monterrey jack cheese shredded
- 2 medium poblano pepper stemmed
- 1 medium bell pepper red cored seeded
- 1 medium onion red
- 2 medium spring onion light white green thinly sliced (and parts only)
- 1 tablespoon vegetable oil

Equipment

- paper towels
- pot
- potato masher
- dutch oven
- cutting board

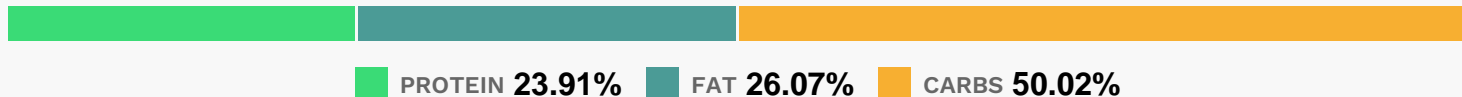
Directions

- Pat the chicken dry with paper towels and season generously all over with salt and pepper; set aside.
- Heat the oil in a large pot or Dutch oven over medium-high heat until shimmering. Working in 2 or 3 batches, add the chicken and cook, turning occasionally, until it's browned all over, about 6 to 8 minutes per batch.
- Transfer to a large plate and set aside.Reduce the heat to medium.
- Add the jalapeños, poblanos, bell pepper, and onion to the pot and season with salt and pepper. Cook, scraping up any browned bits that have accumulated on the bottom of the pot and stirring occasionally, until softened and just starting to brown, about 5 minutes.
- Add the garlic, cumin, measured salt, and chili powder, stir to coat the vegetables, and cook until fragrant, about 1 minute.
- Add the stock or broth and beans and stir to combine. Return the chicken pieces and any accumulated juices to the pot and bring the mixture to a boil. Reduce the heat to medium low and simmer until the chicken is cooked through, turning the chicken halfway through, about

40 to 50 minutes total. Turn off the heat.

- Remove the chicken to a cutting board. When it's cool enough to handle, remove the meat and set it aside (discard the skin and bones). Using a potato masher, lightly mash about half of the beans and vegetables, leaving the remaining half intact. Stir in the shredded chicken and lime juice.
- Serve with the cheese, cilantro, and scallions on the side.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:6.25, Inflammation Score:-8, Nutrition Score:16.834782548573%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 226.12kcal (11.31%), Fat: 6.83g (10.5%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 22.86g (8.31%), Sugar: 2.8g (3.11%), Cholesterol: 11.04mg (3.68%), Sodium: 414.82mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.18%), Vitamin C: 50.76mg (61.52%), Manganese: 0.7mg (35.09%), Fiber: 6.62g (26.46%), Iron: 4.37mg (24.3%), Folate: 88.31µg (22.08%), Potassium: 752.27mg (21.49%), Phosphorus: 211.35mg (21.14%), Vitamin K: 21.53µg (20.51%), Calcium: 197.5mg (19.75%), Copper: 0.36mg (18.07%), Vitamin A: 900.27IU (18.01%), Magnesium: 70.39mg (17.6%), Vitamin B6: 0.28mg (13.75%), Zinc: 1.87mg (12.49%), Vitamin E: 1.66mg (11.07%), Vitamin B3: 2.21mg (11.06%), Vitamin B1: 0.15mg (9.92%), Vitamin B2: 0.16mg (9.54%), Selenium: 3.94µg (5.63%), Vitamin B12: 0.22µg (3.69%), Vitamin B5: 0.35mg (3.53%)