



White Chicken Chili



Gluten Free



Popular

READY IN



30 min.

SERVINGS



9

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 lb chicken breast boneless skinless cut into bite-size pieces
- ☐ 42 oz chicken broth canned
- ☐ 30 oz cannellini beans drained canned
- ☐ 4 oz chilis green drained chopped canned
- ☐ 1 teaspoon oregano dried

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 6 oz monterrey jack cheese shredded
- ☐ 1 serving cilantro leaves fresh chopped

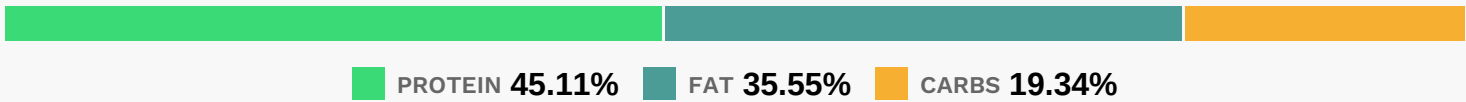
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In 4-quart saucepan or Dutch oven, heat oil over medium-high heat until hot.
- ☐ Add onion, garlic and chicken; cook and stir until chicken is no longer pink.
- ☐ Stir in remaining ingredients except cheese and cilantro.
- ☐ Heat to boiling. Reduce heat to low; simmer 10 to 15 minutes to blend flavors, stirring occasionally.
- ☐ To serve, spoon chili into soup bowls. Top each serving with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:5.27, Inflammation Score:-7, Nutrition Score:22.495652478674%

Flavonoids

Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 505.58kcal (25.28%), Fat: 19.62g (30.19%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 18.85g (6.85%), Sugar: 1.14g (1.27%), Cholesterol: 115.23mg (38.41%), Sodium: 865.36mg (37.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.03g (112.06%), Selenium: 44.96µg (64.23%),

Phosphorus: 486.64mg (48.66%), Vitamin B3: 8.68mg (43.38%), Vitamin B6: 0.76mg (38.12%), Zinc: 5.29mg (35.24%), Iron: 5.24mg (29.12%), Manganese: 0.55mg (27.27%), Vitamin B12: 1.58µg (26.34%), Potassium: 881.16mg (25.18%), Calcium: 245.46mg (24.55%), Magnesium: 95.01mg (23.75%), Fiber: 5.18g (20.7%), Folate: 80.25µg (20.06%), Vitamin B2: 0.3mg (17.78%), Copper: 0.32mg (15.82%), Vitamin K: 10.65µg (10.14%), Vitamin E: 1.49mg (9.94%), Vitamin B5: 0.97mg (9.71%), Vitamin B1: 0.14mg (9.18%), Vitamin A: 421.48IU (8.43%), Vitamin C: 6.46mg (7.83%), Vitamin D: 0.3µg (1.97%)