

# White Chicken Chili

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 oz meat from a rotisserie chicken drained canned
- ☐ 93 oz cannellini beans drained and rinsed canned
- ☐ 6 cups chicken broth
- ☐ 1 teaspoon garlic powder
- ☐ 8 oz chiles diced green canned
- ☐ 2 teaspoons ground cumin
- ☐ 3 cups monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil

- ☐ 2 onions chopped
- ☐ 1.5 teaspoon oregano dried
- ☐ 12 oz cup heavy whipping cream sour
- ☐ 0.3 teaspoon pepper white

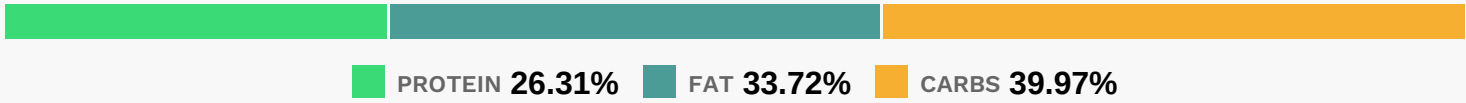
## Equipment

- ☐ pot

## Directions

- ☐ In a large stockpot over medium heat, saut onions in oil until tender. Stir in remaining ingredients except sour cream and cheese.
- ☐ Simmer for 30 minutes, stirring frequently, until heated through.
- ☐ Shortly before serving, add sour cream and cheese. Stir until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:4.31, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:17.280434836512%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 381.79kcal (19.09%), Fat: 14.52g (22.34%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 30.05g (10.93%), Sugar: 1.81g (2.01%), Cholesterol: 46.45mg (15.48%), Sodium: 652.78mg (28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.98%), Phosphorus: 386.43mg (38.64%), Manganese: 0.76mg (37.81%), Folate: 149.92µg (37.48%), Fiber: 8.68g (34.72%), Calcium: 287.94mg (28.79%), Magnesium: 101.35mg (25.34%), Selenium: 16.04µg (22.91%), Potassium: 723.84mg (20.68%), Iron: 3.63mg (20.19%), Vitamin B1: 0.27mg (18.14%), Vitamin B2: 0.31mg (17.99%), Zinc: 2.56mg (17.08%), Copper: 0.31mg (15.54%), Vitamin B6: 0.29mg (14.52%), Vitamin C: 8.23mg (9.98%), Vitamin B3: 1.76mg (8.78%), Vitamin B12: 0.5µg (8.4%), Vitamin A: 368.7IU (7.37%), Vitamin B5: 0.61mg (6.14%), Vitamin K: 3.22µg (3.07%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.15µg (1.02%)