



WHATSHEATE



HEALTH SCORE

56%

White Chicken Chili



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon cumin toasted (and ground)
- ☐ 4 cloves garlic chopped ()
- ☐ 38 ounce northern beans drained and rinsed canned ()
- ☐ 9 ounce chilies green chopped canned
- ☐ 2 jalapeño peppers sliced ()
- ☐ 2 tablespoon masa (or cornmeal)
- ☐ 0.5 cup milk

- ☐ 1 tablespoon oil
- ☐ 1 onion diced ()
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt and pepper to taste
- ☐ 3 cups meat from a rotisserie chicken shredded cooked (and)

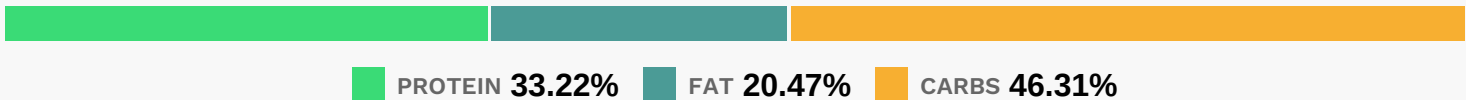
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat, add the onion and saute until tender, about 5–8 minutes.
- ☐ Add the garlic and cumin and saute until fragrant, about a minute.
- ☐ Add the green chilies, jalapenos, chicken, beans, chicken stock, oregano, salt and pepper, bring to a boil, reduce the heat and simmer for 20 minutes.
- ☐ Mix the masa into the milk and then mix it into the chili and simmer for another 10 minutes.

Nutrition Facts



Properties

Glycemic Index:51.38, Glycemic Load:3.68, Inflammation Score:-9, Nutrition Score:37.901304234629%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 646.46kcal (32.32%), Fat: 14.81g (22.78%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 75.38g (25.13%), Net Carbohydrates: 52.86g (19.22%), Sugar: 7.1g (7.89%), Cholesterol: 86.01mg (28.67%), Sodium: 678.19mg (29.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.08g (108.16%), Fiber: 22.52g (90.1%), Manganese: 1.61mg (80.7%), Phosphorus: 743.04mg (74.3%), Folate: 296.2µg (74.05%), Vitamin B3: 12.4mg

(61.98%), Selenium: 41.08µg (58.69%), Vitamin B6: 0.98mg (48.91%), Iron: 8.72mg (48.42%), Magnesium: 181.92mg (45.48%), Potassium: 1584.04mg (45.26%), Copper: 0.84mg (42.08%), Vitamin B1: 0.6mg (39.76%), Zinc: 4.59mg (30.61%), Vitamin B2: 0.49mg (28.54%), Vitamin C: 22.8mg (27.63%), Calcium: 271.82mg (27.18%), Vitamin B5: 1.96mg (19.59%), Vitamin B12: 0.47µg (7.82%), Vitamin E: 1.08mg (7.21%), Vitamin K: 7.48µg (7.13%), Vitamin A: 202.59IU (4.05%), Vitamin D: 0.34µg (2.24%)