



White Chicken Chili Stew

 Gluten Free  Dairy Free

READY IN



47 min.

SERVINGS



6

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 to 2 chipotles in adobo sauce sliced
- 19 ounce beans white drained and rinsed canned
- 1 cup carrots
- 1 tablespoon chili powder
- 0.5 cup cilantro leaves fresh packed chopped
- 1 cup corn kernels fresh thawed
- 3 cloves garlic chopped
- 0.5 to 1 jalapeño stemmed seeded chopped

- 6 servings kosher salt
- 6 cups chicken broth low-sodium
- 1 tablespoon olive oil extra-virgin
- 6 servings potatoes peeled cut into medium chunks
- 0.5 rotisserie chicken cut shredded
- 0.8 cup scallions white green sliced
- 18 ounce yucca frozen thawed

Equipment

- pot

Directions

- Heat the oil in a large pot over medium-high heat.
- Add the scallions, garlic, jalapeno, chili powder and 2 teaspoons salt and cook until soft, about 2 minutes.
- Add the chicken broth, yucca, corn, carrots and chipotles and bring to a boil. Cover, reduce to a simmer and cook until the yucca is tender, about 15 minutes. Stir to break up the yucca and thicken the broth slightly.
- Add the chicken and beans and cook, stirring occasionally, to heat and thicken, about 10 minutes. Stir in the cilantro before serving.
- Photograph by Antonis Achiellos

Nutrition Facts



PROTEIN 21.81% **FAT 14.51%** **CARBS 63.68%**

Properties

Glycemic Index:58.14, Glycemic Load:43.66, Inflammation Score:-10, Nutrition Score:28.819130451783%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 546.14kcal (27.31%), Fat: 9.08g (13.97%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 89.63g (29.88%), Net Carbohydrates: 78.27g (28.46%), Sugar: 6.34g (7.05%), Cholesterol: 48mg (16%), Sodium: 506.67mg (22.03%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 30.71g (61.41%), Vitamin A: 4245.96IU (84.92%), Vitamin C: 54.54mg (66.11%), Manganese: 1.16mg (58.17%), Potassium: 1682.45mg (48.07%), Fiber: 11.36g (45.44%), Vitamin K: 43.02µg (40.97%), Vitamin B6: 0.72mg (36.06%), Vitamin B3: 6.54mg (32.7%), Folate: 129.08µg (32.27%), Copper: 0.63mg (31.51%), Phosphorus: 301.8mg (30.18%), Iron: 5.31mg (29.51%), Magnesium: 117.39mg (29.35%), Vitamin B1: 0.35mg (23.09%), Zinc: 2.26mg (15.07%), Vitamin B2: 0.25mg (14.45%), Vitamin E: 2.03mg (13.55%), Calcium: 131.4mg (13.14%), Vitamin B5: 0.97mg (9.74%), Selenium: 3.23µg (4.61%), Vitamin B12: 0.24µg (3.93%)