



White Chicken Chili with Corn Chowder

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



20 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 1 lb chicken breast halves boneless skinless cut into 1/2-inch pieces
- 1 serving salt and pepper to taste
- 18.5 oz cream of chicken soup canned
- 15 oz black beans rinsed drained canned
- 1 tablespoon juice of lime

2 tablespoons cilantro leaves chopped

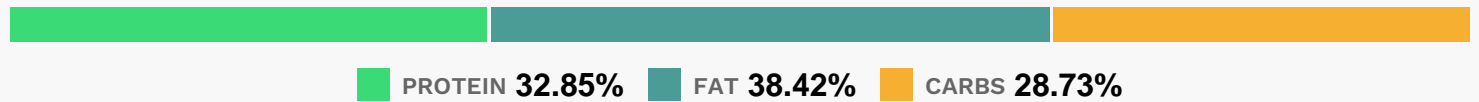
Equipment

sauce pan

Directions

- In large 4-quart saucepan, heat oil over medium-high heat until hot. Cook onion and garlic in oil 2 to 3 minutes or until onion begins to turn translucent.
- Add chicken pieces, salt and pepper. Cook 3 to 5 minutes or until chicken is no longer pink in center.
- Reduce heat to medium; stir in soup and beans. Simmer 5 minutes.
- Remove from heat; stir in lime juice and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:4.59, Inflammation Score:-6, Nutrition Score:21.226087051889%

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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 415.35kcal (20.77%), Fat: 17.64g (27.14%), Saturated Fat: 3.99g (24.97%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 21.95g (7.98%), Sugar: 1.64g (1.82%), Cholesterol: 83.06mg (27.69%), Sodium: 1509.88mg (65.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.94g (67.88%), Vitamin B3: 13.04mg (65.21%), Selenium: 40.48µg (57.83%), Vitamin B6: 0.95mg (47.61%), Phosphorus: 402.31mg (40.23%), Fiber: 7.73g (30.91%), Potassium: 851.91mg (24.34%), Iron: 3.91mg (21.7%), Vitamin B5: 2.1mg (21.03%), Copper: 0.42mg (20.82%), Manganese: 0.41mg (20.32%), Folate: 76.35µg (19.09%), Magnesium: 74.67mg (18.67%), Vitamin B2: 0.31mg (18.19%), Vitamin K: 18.86µg (17.96%), Vitamin B1: 0.25mg (16.78%), Zinc: 1.67mg (11.12%), Vitamin E: 1.5mg (9.99%),

Vitamin C: 7.49mg (9.08%), Calcium: 69.24mg (6.92%), Vitamin A: 292.81IU (5.86%), Vitamin B12: 0.23µg (3.78%)