



 **99%**  
HEALTH SCORE

## White Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**90 min.**

SERVINGS



**1**

CALORIES



**2598 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup butter
- 30 oz great northern beans undrained canned
- 3 cups chicken broth (from 32-oz carton)
- 4 cups roasted chicken cooked
- 1 serving tortilla chips blue yellow
- 1 tablespoon basil dried
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove finely chopped

- 0.3 teaspoon ground cloves
- 1 cup onion chopped
- 2 teaspoons chili powder red
- 0.8 cup tomatoes chopped

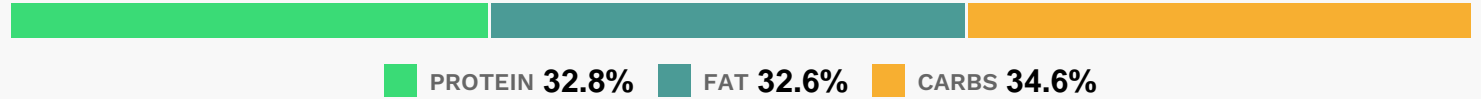
## Equipment

- dutch oven

## Directions

- Melt butter in 4-quart Dutch oven over medium heat. Cook onion and garlic in butter, stirring occasionally until onion is tender.
- Stir in remaining ingredients except tomato and tortilla chips.
- Heat to boiling; reduce heat. Cover and simmer 1 hour, stirring occasionally.
- Serve with tomato and tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:127, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:80.629565031632%

## Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 33.6mg, Quercetin: 33.6mg, Quercetin: 33.6mg, Quercetin: 33.6mg

## Nutrients (% of daily need)

Calories: 2597.99kcal (129.9%), Fat: 94.61g (145.55%), Saturated Fat: 21.82g (136.36%), Carbohydrates: 225.91g (75.3%), Net Carbohydrates: 175.51g (63.82%), Sugar: 13.38g (14.86%), Cholesterol: 434.1mg (144.7%), Sodium: 3779.45mg (164.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 214.19g (428.37%), Vitamin B3: 51.39mg (256.97%), Selenium: 178.89µg (255.55%), Manganese: 5.04mg (251.87%), Phosphorus: 2437.79mg (243.78%),

Fiber: 50.4g (201.61%), Folate: 782.21µg (195.55%), Vitamin B6: 3.71mg (185.59%), Magnesium: 648.57mg (162.14%), Potassium: 5172.25mg (147.78%), Iron: 26.09mg (144.97%), Vitamin B1: 1.89mg (126.12%), Vitamin B2: 1.95mg (114.46%), Zinc: 15.89mg (105.92%), Copper: 2.08mg (103.89%), Vitamin A: 4479.38IU (89.59%), Vitamin K: 91.37µg (87.02%), Vitamin B5: 8.64mg (86.41%), Calcium: 752.76mg (75.28%), Vitamin C: 39.53mg (47.92%), Vitamin E: 5.69mg (37.9%), Vitamin B12: 1.82µg (30.36%)