



White Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce cannellini beans white rinsed drained canned
- ☐ 2 teaspoons canola oil
- ☐ 2 cups fat-skimmed beef broth fat-free
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons spring onion thinly sliced (1)
- ☐ 2 tablespoons cornmeal stone-ground
- ☐ 0.5 teaspoon kosher salt

- ☐ 1.5 cups onion chopped (1 large)
- ☐ 5 teaspoons hot sauce green hot (such as Tabasco)
- ☐ 1.3 pounds chicken breast halves boneless skinless

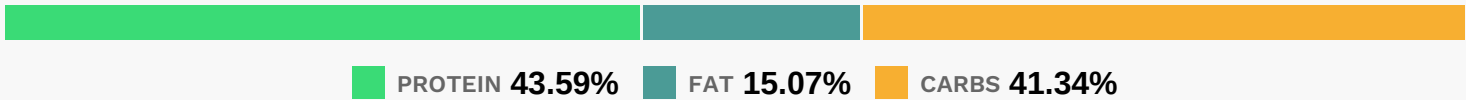
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add chopped onion and garlic to pan; cook 5 minutes or until onion is tender, stirring occasionally.
- ☐ Add broth, hot pepper sauce, salt, and chicken to pan; bring to a boil. Cover, reduce heat to low, and simmer 15 minutes.
- ☐ Remove chicken from broth mixture; cool.
- ☐ Add cornmeal and beans to broth mixture, stirring with a whisk; simmer 15 minutes. Mash about 1/4 cup beans against side of pan.
- ☐ Cut chicken into bite-sized pieces.
- ☐ Add chicken to pan; simmer 5 minutes or until mixture thickens, stirring frequently. Top each serving with yogurt; sprinkle with green onions.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:7.01, Inflammation Score:-6, Nutrition Score:18.915651860444%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 268.36kcal (13.42%), Fat: 4.47g (6.87%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 22.18g (8.06%), Sugar: 3.79g (4.21%), Cholesterol: 60.89mg (20.3%), Sodium: 723.5mg (31.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.15%), Vitamin B3: 10.56mg (52.82%), Selenium: 34.7µg (49.57%), Vitamin B6: 0.89mg (44.46%), Phosphorus: 343.02mg (34.3%), Manganese: 0.59mg (29.46%), Potassium: 917.49mg (26.21%), Fiber: 5.4g (21.58%), Magnesium: 83.5mg (20.88%), Iron: 3.41mg (18.97%), Folate: 75.6µg (18.9%), Vitamin B5: 1.82mg (18.17%), Copper: 0.28mg (14.11%), Zinc: 1.97mg (13.12%), Vitamin B1: 0.2mg (13.03%), Calcium: 127.86mg (12.79%), Vitamin B2: 0.21mg (12.43%), Vitamin C: 7.62mg (9.23%), Vitamin K: 8.2µg (7.81%), Vitamin B12: 0.46µg (7.75%), Vitamin E: 1.16mg (7.72%), Vitamin A: 56.05IU (1.12%)