



White Chili I

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce cannellini beans rinsed drained canned
- ☐ 4 cups chicken broth
- ☐ 5 cloves garlic chopped
- ☐ 8 ounce chiles diced green canned
- ☐ 2 teaspoons ground cumin
- ☐ 1 pound ground pork
- ☐ 2 cups monterrey jack cheese shredded
- ☐ 2 tablespoons olive oil

- ☐ 2 onions chopped
- ☐ 1 teaspoon oregano dried

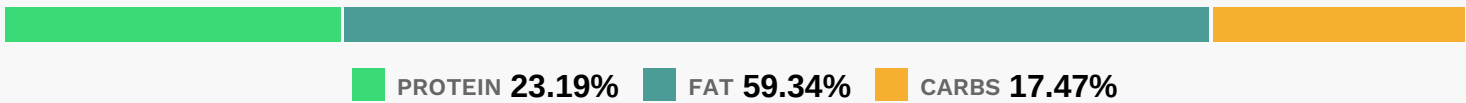
Equipment

- ☐ pot

Directions

- ☐ Cook and drain the pork.
- ☐ In a large stockpot, saute onions and garlic in olive oil until transparent. Stir in the chilies, cumin, and oregano. Cook and stir 2 to 3 minutes more.
- ☐ Add broth, pork, and beans; bring to a boil. Reduce the heat to a simmer, and cook uncovered for 20 minutes.
- ☐ Remove from heat, and stir in the cheese until melted.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:15.176087063292%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 373.34kcal (18.67%), Fat: 24.76g (38.09%), Saturated Fat: 10.45g (65.32%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 12.73g (4.63%), Sugar: 1.85g (2.06%), Cholesterol: 68.32mg (22.77%), Sodium: 754.17mg (32.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.54%), Vitamin B1: 0.54mg (36.02%), Phosphorus: 316.06mg (31.61%), Selenium: 21.15µg (30.21%), Calcium: 279.22mg (27.92%), Vitamin B2: 0.36mg (21.44%), Vitamin B6: 0.39mg (19.45%), Manganese: 0.37mg (18.42%), Folate: 70.77µg (17.69%), Zinc: 2.64mg (17.57%), Vitamin C: 13.42mg (16.27%), Vitamin B3: 3.24mg (16.19%), Fiber: 3.67g (14.66%), Iron: 2.5mg (13.9%), Potassium: 478.94mg (13.68%), Magnesium: 52.64mg (13.16%), Vitamin B12: 0.65µg (10.91%), Copper: 0.16mg

(7.83%), Vitamin B5: 0.66mg (6.63%), Vitamin A: 270.6IU (5.41%), Vitamin E: 0.69mg (4.63%), Vitamin K: 4.54µg (4.32%), Vitamin D: 0.17µg (1.13%)