



White Chili IV



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 45 ounce pinto beans canned
- ☐ 2 cubes chicken bouillon
- ☐ 29 ounce chicken broth canned
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 bunch parsley fresh chopped
- ☐ 6 cloves garlic minced

- ☐ 1 bell pepper green chopped
- ☐ 3 chile peppers green minced seeded
- ☐ 4 green onions chopped
- ☐ 1.5 tablespoons ground cumin
- ☐ 8 servings coarsely ground pepper black to taste
- ☐ 8 ounce mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 bell pepper red chopped
- ☐ 4 chicken breast halves boneless skinless cubed
- ☐ 1 cup white wine

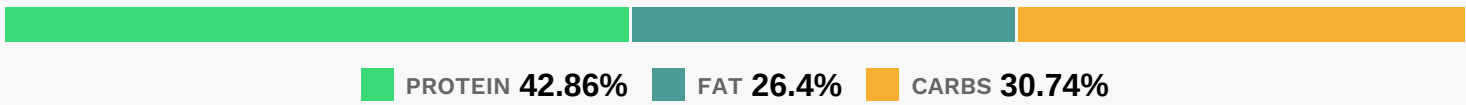
Equipment

- ☐ pot

Directions

- ☐ In a large pot over medium-high heat, cook chicken in olive oil with black pepper until brown. Stir in onion, garlic and chiles and cook until onion begins to soften.
- ☐ Stir in bell peppers, mushrooms, beans, green onions and parsley.
- ☐ Pour in wine and chicken broth. Season with bouillon, rosemary, thyme, oregano and cumin.
- ☐ Place bay leaves in pot, cover, reduce heat and simmer 90 minutes.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:8.94, Inflammation Score:-9, Nutrition Score:31.779565127%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 464.93kcal (23.25%), Fat: 12.99g (19.98%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 24.07g (8.75%), Sugar: 5.09g (5.66%), Cholesterol: 87.54mg (29.18%), Sodium: 1057.67mg (45.99%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 47.46g (94.91%), Vitamin K: 144.46µg (137.59%), Vitamin C: 48.29mg (58.53%), Selenium: 40.23µg (57.47%), Vitamin B3: 10.31mg (51.55%), Phosphorus: 481.44mg (48.14%), Vitamin B6: 0.93mg (46.55%), Fiber: 9.97g (39.86%), Manganese: 0.78mg (38.76%), Iron: 6mg (33.33%), Potassium: 1098.33mg (31.38%), Zinc: 4.27mg (28.46%), Vitamin A: 1412.38IU (28.25%), Magnesium: 109.18mg (27.29%), Copper: 0.47mg (23.73%), Vitamin B2: 0.35mg (20.42%), Vitamin B12: 1.15µg (19.2%), Folate: 76.38µg (19.09%), Vitamin B5: 1.6mg (15.98%), Calcium: 144.44mg (14.44%), Vitamin E: 2.14mg (14.29%), Vitamin B1: 0.19mg (12.77%), Vitamin D: 0.22µg (1.44%)