



HEALTH SCORE

100%

White Chili V



Gluten Free



Dairy Free



Very Healthy

READY IN



485 min.

SERVINGS



9

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned (such as Hunt's®)
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 cups meat from a rotisserie chicken diced cooked
- ☐ 32 ounce chicken broth canned
- ☐ 2 cloves garlic minced
- ☐ 96 ounce cannellini beans white
- ☐ 12 ounce chilies green chopped canned
- ☐ 1 teaspoon ground cumin

- ☐ 1 teaspoon ground marjoram
- ☐ 1 teaspoon ground mexican oregano
- ☐ 1.3 ounce taco seasoning

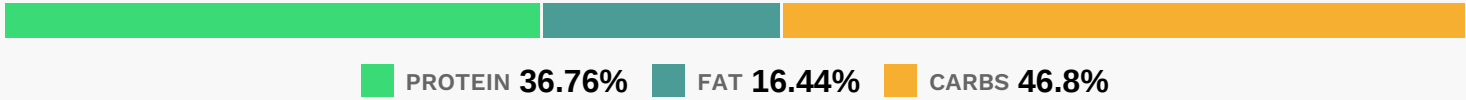
Equipment

- ☐ slow cooker

Directions

- ☐ Combine the Great Northern white beans, crushed tomatoes, green chilies, cooked chicken, chicken broth, taco seasoning, cayenne pepper, ground cumin, ground Mexican oregano, ground marjoram, and minced garlic in a slow cooker.
- ☐ Cook on Low until the flavors are thoroughly blended, about 8 hours.

Nutrition Facts



Properties

Glycemic Index:12.22, Glycemic Load:1.9, Inflammation Score:-9, Nutrition Score:39.062608550424%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 644.24kcal (32.21%), Fat: 11.94g (18.36%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 76.45g (25.48%), Net Carbohydrates: 51.43g (18.7%), Sugar: 5.92g (6.58%), Cholesterol: 73.73mg (24.58%), Sodium: 1075.81mg (46.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.05g (120.1%), Fiber: 25.03g (100.11%), Manganese: 1.77mg (88.39%), Folate: 324.32µg (81.08%), Phosphorus: 744.27mg (74.43%), Selenium: 39.26µg (56.09%), Iron: 9.81mg (54.48%), Copper: 0.98mg (49.14%), Magnesium: 196.48mg (49.12%), Potassium: 1680.34mg (48.01%), Vitamin B6: 0.82mg (41.12%), Vitamin B3: 8.05mg (40.27%), Zinc: 5.92mg (39.48%), Vitamin B1: 0.57mg (37.81%), Calcium: 260.84mg (26.08%), Vitamin C: 18.76mg (22.74%), Vitamin B2: 0.38mg (22.09%), Vitamin B12: 1.1µg (18.3%), Vitamin A: 853.22IU (17.06%), Vitamin B5: 1.36mg (13.58%), Vitamin E: 1.54mg (10.27%), Vitamin K: 8.65µg (8.23%)