



White Chili VII

 Gluten Free

READY IN



505 min.

SERVINGS



10

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 43.5 ounce cannellini beans canned
- ☐ 4 ounce jalapeño peppers chopped canned
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 3 large stalks celery chopped
- ☐ 2.5 cups chicken stock see
- ☐ 1 teaspoon garlic powder
- ☐ 6 ounce chilies green chopped canned

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon ground oregano
- ☐ 1 teaspoon salt
- ☐ 4 chicken breasts boneless skinless cut into bite-size pieces
- ☐ 12 ounces cup heavy whipping cream sour
- ☐ 1 cup water

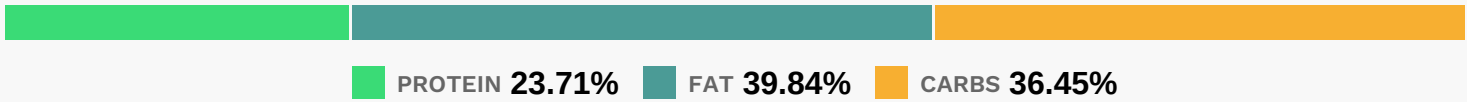
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the olive oil in a large skillet over medium heat. Cook the chicken in the hot oil until completely browned, 5 to 7 minutes.
- ☐ Add the onion and celery to the skillet; cook and stir until the vegetables are slightly softened, 2 to 3 minutes.
- ☐ Transfer the chicken mixture to a slow cooker.
- ☐ Mix in the garlic powder, cumin, bay leaf, salt, black pepper, oregano, cayenne pepper, jalapeno peppers, green chilies, chicken stock, water, and great Northern beans.
- ☐ Cook on Low 8 to 10 hours, or on High 4 to 5 hours.
- ☐ Remove the bay leaf from the mixture. Stir the sour cream and heavy cream through the chili to serve.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:17.136521800705%

Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 362.39kcal (18.12%), Fat: 16.26g (25.02%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 26.07g (9.48%), Sugar: 3.91g (4.35%), Cholesterol: 64.25mg (21.42%), Sodium: 647.45mg (28.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Selenium: 22.7µg (32.43%), Phosphorus: 322.33mg (32.23%), Vitamin B3: 6.39mg (31.93%), Fiber: 7.4g (29.61%), Manganese: 0.58mg (29.13%), Folate: 115.67µg (28.92%), Vitamin B6: 0.58mg (28.78%), Potassium: 796.45mg (22.76%), Magnesium: 87.1mg (21.77%), Vitamin B1: 0.25mg (16.72%), Vitamin B2: 0.27mg (15.64%), Iron: 2.75mg (15.25%), Copper: 0.28mg (14.19%), Vitamin A: 664.92IU (13.3%), Calcium: 126.71mg (12.67%), Vitamin B5: 1.23mg (12.26%), Zinc: 1.39mg (9.25%), Vitamin C: 7.05mg (8.54%), Vitamin K: 8.63µg (8.22%), Vitamin E: 0.89mg (5.96%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.24µg (1.57%)