



White Chili with Chicken



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz navy beans canned
- ☐ 7 cups chicken broth (from two 32-oz cartons)
- ☐ 1 large onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 teaspoons oregano
- ☐ 2 teaspoons ground cumin
- ☐ 4 oz chilis green chopped canned
- ☐ 5 cups roasted chicken cooked

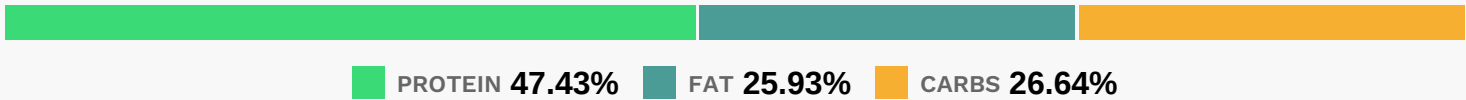
Equipment

☐ pot

Directions

☐ In large soup pot, heat all ingredients to boiling over medium-high heat, stirring occasionally. Reduce heat to medium-low. Cover; simmer for about an hour.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:14.339565261551%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 258.03kcal (12.9%), Fat: 7.48g (11.5%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 13.56g (4.93%), Sugar: 1.26g (1.4%), Cholesterol: 65.63mg (21.88%), Sodium: 439.7mg (19.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.77g (61.55%), Vitamin B3: 10.16mg (50.82%), Selenium: 25.1µg (35.86%), Phosphorus: 317.31mg (31.73%), Vitamin B6: 0.49mg (24.7%), Iron: 3.3mg (18.32%), Potassium: 602.9mg (17.23%), Manganese: 0.31mg (15.29%), Fiber: 3.73g (14.93%), Copper: 0.29mg (14.51%), Vitamin B2: 0.24mg (13.89%), Zinc: 2.06mg (13.76%), Magnesium: 52.9mg (13.22%), Folate: 52µg (13%), Vitamin B1: 0.15mg (9.98%), Vitamin B5: 0.99mg (9.92%), Vitamin C: 6.92mg (8.38%), Vitamin B12: 0.46µg (7.67%), Calcium: 68.82mg (6.88%), Vitamin K: 4.87µg (4.64%), Vitamin E: 0.55mg (3.7%), Vitamin A: 69.03IU (1.38%)