



## White Lightning Chicken Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 9 oz chilis green chopped canned
- ☐ 48 oz navy beans canned
- ☐ 29 oz chicken broth canned
- ☐ 1.3 oz chili seasoning white
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 30 servings salsa
- ☐ 4 cups chicken shredded cooked

- ☐ 30 servings cilantro leaves fresh shredded sour
- ☐ 1 large onion diced sweet

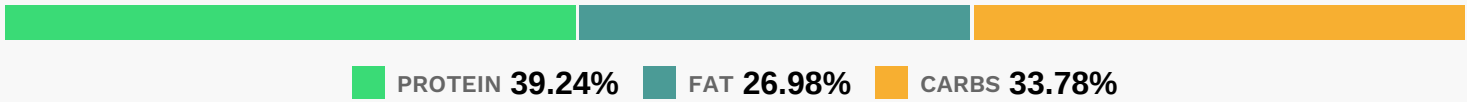
## Equipment

- ☐ dutch oven

## Directions

- ☐ Saut onion and garlic in hot oil in a large Dutch oven over medium-high heat 5 minutes or until onion is tender. Stir in chicken, next 3 ingredients, and 2 cans navy beans. Coarsely mash remaining can navy beans, and stir into chicken mixture. Bring to a boil, stirring often; cover, reduce heat to medium-low, and simmer, stirring occasionally, 10 minutes.
- ☐ Serve with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:2.57, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:9.064782689447%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 159.63kcal (7.98%), Fat: 4.83g (7.43%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 10.06g (3.66%), Sugar: 2.03g (2.25%), Cholesterol: 27.7mg (9.23%), Sodium: 594.77mg (25.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Selenium: 12.74µg (18.2%), Vitamin A: 809.15IU (16.18%), Phosphorus: 156.77mg (15.68%), Vitamin B3: 2.9mg (14.49%), Vitamin B6: 0.28mg (14.21%), Fiber: 3.55g (14.21%), Manganese: 0.24mg (12.02%), Iron: 1.96mg (10.88%), Potassium: 348.87mg (9.97%), Zinc: 1.46mg (9.72%), Magnesium: 38.76mg (9.69%), Folate: 38.66µg (9.67%), Vitamin E: 1.31mg (8.77%), Copper: 0.15mg (7.75%), Vitamin B2: 0.11mg (6.45%), Vitamin B1: 0.1mg (6.43%), Vitamin B12: 0.33µg (5.47%), Vitamin C: 4.46mg (5.41%), Vitamin K: 5.15µg (4.9%), Calcium: 44.77mg (4.48%), Vitamin B5: 0.37mg (3.73%)