



HEALTH SCORE

68%

Witch's Cauldron Chili



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



839 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 48 oz cannellini beans rinsed drained canned
- ☐ 4.5 oz chiles green chopped canned
- ☐ 3 carrots peeled chopped
- ☐ 28 oz chicken broth canned
- ☐ 0.3 cup optional: cilantro fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 onion chopped
- ☐ 4 lb deli roast chicken coarsely chopped
- ☐ 0.5 cup whipping cream

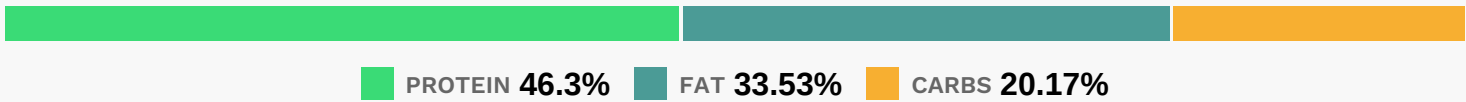
Equipment

- ☐ bowl
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over low heat; add carrot, onion and garlic. Saut until tender.
- ☐ Stir in chicken, chicken broth, green chiles, cumin and red pepper; bring to a boil over medium-high heat. Reduce heat, cover, and simmer 20 minutes.
- ☐ In a bowl, mash beans using a potato masher until about half the beans are still whole.
- ☐ Add beans and whipping cream to chicken mixture. Cook 10 minutes over medium heat, stirring frequently, until thickened and hot. Stir in cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:39.774782450303%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 839.32kcal (41.97%), Fat: 30.69g (47.22%), Saturated Fat: 10.28g (64.24%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 32.03g (11.65%), Sugar: 2.12g (2.35%), Cholesterol: 236.52mg (78.84%), Sodium:

756.04mg (32.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 95.36g (190.72%), Selenium: 81.68µg (116.69%), Vitamin B3: 21.41mg (107.06%), Vitamin A: 4441.69IU (88.83%), Phosphorus: 843.52mg (84.35%), Vitamin B6: 1.38mg (68.93%), Zinc: 7.18mg (47.88%), Folate: 167.66µg (41.92%), Potassium: 1403.58mg (40.1%), Magnesium: 160.27mg (40.07%), Iron: 7.21mg (40.07%), Manganese: 0.8mg (40.03%), Fiber: 9.54g (38.15%), Vitamin B2: 0.59mg (34.55%), Vitamin B5: 2.81mg (28.15%), Vitamin B12: 1.68µg (27.92%), Vitamin B1: 0.41mg (27.52%), Copper: 0.47mg (23.64%), Calcium: 161.44mg (16.14%), Vitamin C: 10.42mg (12.63%), Vitamin K: 7.43µg (7.07%), Vitamin E: 0.69mg (4.62%), Vitamin D: 0.34µg (2.25%)