



Zesty White Chicken Chili



Gluten Free

READY IN



315 min.

SERVINGS



8

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces chicken broth
- ☐ 8.8 ounce dickinson's® 'n' pepper & onion relish sweet hot
- ☐ 2 cups mozzarella cheese shredded
- ☐ 2 chicken breasts boneless skinless cooked cut into 1/2-inch pieces
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 48 ounce beans white undrained

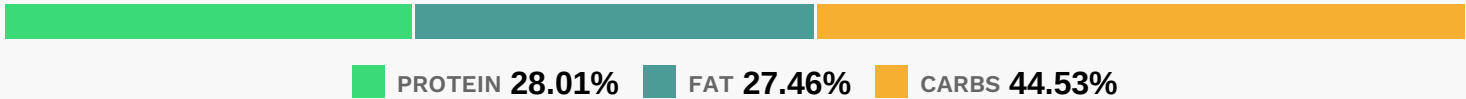
Equipment

- ☐ slow cooker

Directions

- ☐ Mix all ingredients except cheese and sour cream in slow cooker. Cook on LOW 5 to 7 hours.
- ☐ Add cheese about 20 minutes before serving.
- ☐ Serve with dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:24.422174264555%

Nutrients (% of daily need)

Calories: 432.81kcal (21.64%), Fat: 13.44g (20.68%), Saturated Fat: 6.94g (43.37%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 37.09g (13.49%), Sugar: 2.09g (2.32%), Cholesterol: 58.3mg (19.43%), Sodium: 452.38mg (19.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.7%), Manganese: 1.2mg (59.97%), Fiber: 11.96g (47.83%), Phosphorus: 393.07mg (39.31%), Vitamin A: 1952.55IU (39.05%), Iron: 6.88mg (38.2%), Folate: 151.59µg (37.9%), Potassium: 1191.93mg (34.06%), Calcium: 334.96mg (33.5%), Magnesium: 130.99mg (32.75%), Copper: 0.54mg (27.07%), Selenium: 17.43µg (24.89%), Zinc: 3.6mg (24.02%), Vitamin B6: 0.42mg (21.08%), Vitamin B1: 0.28mg (18.85%), Vitamin B3: 3.75mg (18.76%), Vitamin B2: 0.29mg (17.28%), Vitamin B12: 0.77µg (12.78%), Vitamin E: 1.84mg (12.25%), Vitamin B5: 0.98mg (9.84%), Vitamin K: 7.09µg (6.75%), Vitamin C: 3.82mg (4.63%)