

# White Chicken Chili with Lime

*Sara Moulton - Associated Press  
Palm Beach Post*

## Servings: 6

*1 tablespoon vegetable oil  
1 cup yellow onion, finely chopped  
1 red bell pepper, cored and chopped  
1 pound ground chicken or turkey  
1 tablespoon minced garlic  
1 1/2 tablespoons chili powder  
1 tablespoon all-purpose flour  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
1/2 cup white wine (optional)  
1 1/2 cups low-sodium chicken broth  
(use two cups if not using the wine)  
2 cans (15-1/2 ounce ea) white  
beans, drained and rinsed  
1 can (4-1/2 ounce) chopped green  
chiles (use less if you prefer a mild  
chili)  
1/2 cup reduced-fat sour cream  
salt and ground black pepper  
chopped scallions (for garnish)  
chopped fresh cilantro (for garnish)  
grated low-fat Monterey Jack cheese  
(for garnish)  
lime wedges (for garnish)*

In a large nonstick or stick-resistant skillet over medium, heat the oil. Reduce the heat to medium-low. Add the onion and red pepper. Cook for 5 minutes or until the onion is softened. Add the chicken and cook, breaking up any large pieces, until the chicken is no longer pink, about 5 minutes.

Add the garlic, chili powder, flour, cumin and oregano. Cook, stirring, for 2 minutes. Add the white wine, if using, and the broth in a stream while whisking. Bring the mixture to a boil and simmer for 10 minutes.

Meanwhile, use a fork to mash one cup of the beans. Add both the whole and mashed beans with the chiles to the chili and simmer for 10 minutes.

Stir in the sour cream and cook until hot. Season with salt and pepper.

Ladle the chili into bowls and accompany at the table with scallions, cilantro, cheese and lime wedges.

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Per Serving (excluding unknown items): 274 Calories; 3g Fat (10.6% calories from fat); 17g Protein; 47g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

**Calories (kcal):** 274  
**% Calories from Fat:** 10.6%  
**% Calories from Carbohydrates:** 65.9%  
**% Calories from Protein:** 23.5%  
**Total Fat (g):** 3g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 47g  
**Dietary Fiber (g):** 12g  
**Protein (g):** 17g  
**Sodium (mg):** 32mg  
**Potassium (mg):** 1339mg  
**Calcium (mg):** 184mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 41mg  
**Vitamin A (i.u.):** 1807IU  
**Vitamin A (r.e.):** 180 1/2RE

**Vitamin B6 (mg):** .3mg  
**Vitamin B12 (mcg):** 0mcg  
**Thiamin B1 (mg):** .3mg  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 275mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

## Food Exchanges

**Grain (Starch):** 3  
**Lean Meat:** 1  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 274 **Calories from Fat:** 29

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	32mg	1%
<b>Total Carbohydrates</b>	47g	16%
Dietary Fiber	12g	48%
<b>Protein</b>	17g	
<b>Vitamin A</b>		36%
<b>Vitamin C</b>		69%
<b>Calcium</b>		18%
<b>Iron</b>		44%

\* Percent Daily Values are based on a 2000 calorie diet.