



3-Bean Chili

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 31 oz black beans undrained canned
- 31 oz pinto beans undrained canned
- 14.5 oz canned tomatoes diced undrained canned
- 2 oz env. chili seasoning mix
- 1.3 cups knudsen cream sour
- 1 small bell pepper green chopped
- 0.5 tsp ground cinnamon
- 2 lb ground beef lean

- 31 oz kidney beans dark red undrained canned
- 6 oz tomato paste canned
- 1 small onion yellow chopped

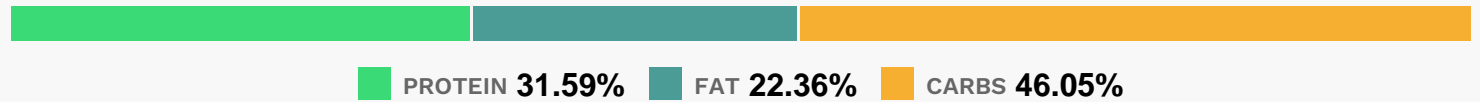
Equipment

- dutch oven

Directions

- Brown meat in Dutch oven or small stockpot on medium heat; drain.
- Add onions and peppers; cook 5 min. or until crisp-tender, stirring frequently.
- Add all remaining ingredients except sour cream; mix well. Bring to boil; cover. Simmer on medium-low heat 20 min., stirring occasionally.
- Serve topped with sour cream.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:5.69, Inflammation Score:-9, Nutrition Score:21.668695527574%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 298.68kcal (14.93%), Fat: 7.6g (11.69%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 22.92g (8.33%), Sugar: 3.09g (3.44%), Cholesterol: 45.76mg (15.25%), Sodium: 455.72mg (19.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.29%), Fiber: 12.27g (49.09%), Vitamin A: 1929.91IU (38.6%), Manganese: 0.69mg (34.67%), Phosphorus: 335.43mg (33.54%), Iron: 6mg (33.31%), Folate: 128.48µg (32.12%), Zinc: 4.37mg (29.13%), Potassium: 935.85mg (26.74%), Vitamin B6: 0.5mg (25.12%), Vitamin B3: 4.63mg (23.17%), Magnesium: 88.55mg (22.14%), Copper: 0.44mg (22.09%), Vitamin B12: 1.31µg (21.8%), Selenium: 12.24µg (17.49%), Vitamin B2: 0.29mg (17.28%), Vitamin B1: 0.26mg (17.07%), Vitamin E: 1.92mg (12.77%), Vitamin C: 10.13mg (12.28%), Calcium: 105.65mg (10.56%), Vitamin K: 10.75µg (10.23%), Vitamin B5: 0.88mg (8.8%)