



WHATSheATE



HEALTH SCORE

79%

## Black Bean and Butternut Squash Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



380 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 lb butternut squash peeled seeded cut into 1/2-inch dice
- ☐ 60 oz black beans rinsed drained canned
- ☐ 3 tablespoons chili powder
- ☐ 2 tablespoons cumin
- ☐ 29 oz fire-roasted tomatoes diced canned
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green seeded chopped
- ☐ 2 jalapeños minced seeded

- ☐ 0.3 cup olive oil
- ☐ 3 onions chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 bell pepper red seeded chopped
- ☐ 8 servings salt and pepper

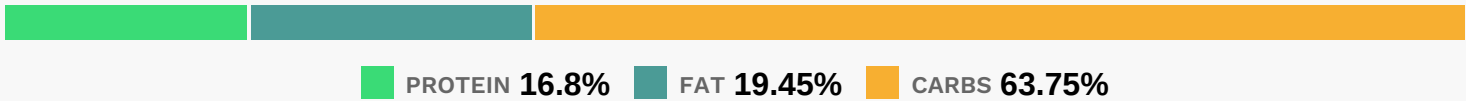
## Equipment

- ☐ frying pan
- ☐ slow cooker

## Directions

- ☐ Warm oil in a large skillet over medium heat. Saut onions until tender, about 3 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add bell peppers and jalapeos; saut until tender, about 3 minutes.
- ☐ Transfer pepper mixture to slow cooker. Stir in beans, tomatoes, chili powder, cumin and oregano. Arrange squash on top. Cover and cook on low for 6 hours.
- ☐ Season chili with salt and pepper.
- ☐ Serve with sour cream, salsa and other accompaniments, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.63, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:31.239565621252%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

## Nutrients (% of daily need)

Calories: 370.15kcal (18.51%), Fat: 8.4g (12.92%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 61.95g (20.65%), Net Carbohydrates: 41.36g (15.04%), Sugar: 8.03g (8.93%), Cholesterol: 0mg (0%), Sodium: 1228.12mg (53.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.66%), Vitamin A: 13952.43IU (279.05%), Vitamin C: 70.23mg (85.12%), Fiber: 20.59g (82.37%), Manganese: 0.97mg (48.68%), Folate: 179.95µg (44.99%), Iron: 7.41mg (41.15%), Potassium: 1279.68mg (36.56%), Magnesium: 132.92mg (33.23%), Vitamin B1: 0.47mg (31.27%), Phosphorus: 306.47mg (30.65%), Vitamin E: 4.34mg (28.92%), Copper: 0.57mg (28.58%), Vitamin B6: 0.53mg (26.34%), Calcium: 208.86mg (20.89%), Vitamin B2: 0.35mg (20.37%), Vitamin B3: 3.44mg (17.22%), Vitamin K: 15.12µg (14.4%), Zinc: 1.69mg (11.24%), Vitamin B5: 1.01mg (10.1%), Selenium: 4.5µg (6.43%)