



Black Bean and Chorizo Chili

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 45 ounce black beans drained canned
- ☐ 42 ounce canned tomatoes whole peeled undrained chopped canned
- ☐ 1.5 tablespoons chili powder
- ☐ 7 ounce chipotle chiles in adobo canned
- ☐ 6.5 ounces chorizo sausage diced spanish
- ☐ 8.5 ounce corn kernel drained canned
- ☐ 5 garlic cloves minced

- ☐ 1.5 cups green bell pepper green chopped
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.5 cups onion divided chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 1.5 cups red bell pepper red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 ounces bittersweet chocolate chopped
- ☐ 0.8 cup cream fat-free sour

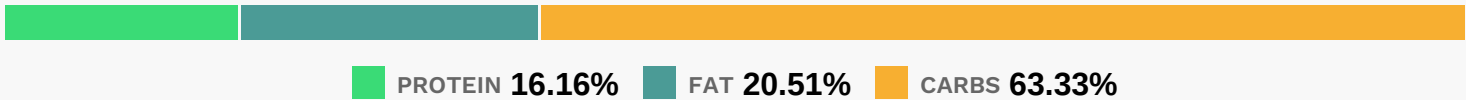
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Remove 2 chiles from can; finely chop, reserving remaining chiles and sauce for another use.
- ☐ Heat a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add chiles, 1 3/4 cups onion, bell peppers, garlic, and chorizo; saut 5 minutes or until tender.
- ☐ Add chili powder and next 7 ingredients (chili powder through corn), stirring to combine. Bring to a boil. Reduce heat, and simmer, covered, 30 minutes, stirring occasionally.
- ☐ Remove from heat; stir in chocolate, salt, and black pepper.
- ☐ Ladle 1 cup chili into each of 12 bowls. Top each serving with 1 tablespoon sour cream and 1 tablespoon onion.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:1.12, Inflammation Score:0, Nutrition Score:17.547826056895%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 216.76kcal (10.84%), Fat: 5.22g (8.04%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 23.79g (8.65%), Sugar: 8.92g (9.91%), Cholesterol: 8.69mg (2.9%), Sodium: 761.8mg (33.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 9.26g (18.53%), Vitamin C: 54.65mg (66.24%), Fiber: 12.51g (50.04%), Manganese: 0.56mg (28.2%), Iron: 4.51mg (25.06%), Folate: 98.94µg (24.74%), Vitamin A: 1182.62IU (23.65%), Potassium: 738.4mg (21.1%), Phosphorus: 189.38mg (18.94%), Copper: 0.38mg (18.79%), Vitamin B6: 0.36mg (18.05%), Magnesium: 70.41mg (17.6%), Vitamin B1: 0.25mg (16.66%), Vitamin B2: 0.27mg (15.88%), Calcium: 111.17mg (11.12%), Vitamin E: 1.59mg (10.58%), Vitamin B3: 2.08mg (10.41%), Vitamin K: 8.58µg (8.17%), Zinc: 1.14mg (7.58%), Vitamin B5: 0.58mg (5.83%), Selenium: 3.04µg (4.35%)