



Black Bean and Chorizo Chili



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 45 ounce black beans drained canned
- ☐ 42 ounce tomatoes whole peeled undrained chopped canned
- ☐ 1.5 tablespoons chili powder
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 6.5 ounces chorizo sausage diced spanish
- ☐ 8.5 ounce no-salt-added whole-kernel corn drained canned
- ☐ 5 garlic cloves minced

- ☐ 1.5 cups 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 bell pepper red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 ounces bittersweet chocolate chopped
- ☐ 0.8 cup cup heavy whipping cream fat-free sour

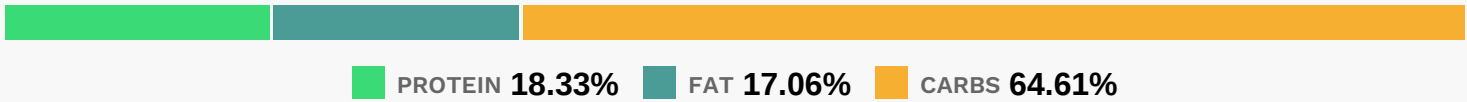
Equipment

- ☐ 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:-9, Nutrition Score:17.770869630834%

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: 223.7kcal (11.19%), Fat: 4.45g (6.84%), Saturated Fat: 2.24g (14%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 25.37g (9.23%), Sugar: 8.48g (9.43%), Cholesterol: 12.34mg (4.11%), Sodium: 777.77mg (33.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 10.75g (21.5%), Vitamin C: 57.3mg (69.46%), Fiber: 12.51g (50.04%), Manganese: 0.56mg (28.12%), Iron: 4.67mg (25.94%), Folate: 99.66µg (24.92%), Vitamin A: 1207.1IU (24.14%), Potassium: 738.97mg (21.11%), Phosphorus: 192.11mg (19.21%), Copper: 0.38mg (18.77%), Vitamin B6: 0.36mg (17.9%), Magnesium: 70.41mg (17.6%), Vitamin B1: 0.25mg (16.85%), Vitamin B2: 0.27mg (15.73%), Calcium: 117.72mg (11.77%), Vitamin B3: 2.08mg (10.39%), Vitamin E: 1.53mg (10.22%), Vitamin K: 8.37µg (7.97%), Zinc: 1.16mg (7.74%), Vitamin B5: 0.53mg (5.35%), Selenium: 3.27µg (4.67%)