



HEALTH SCORE

73%

Black Bean and Quinoa Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



38 ounce black beans drained and rinsed canned



28 ounce canned tomatoes crushed canned



1 tablespoon chili powder



1 tablespoon chipotle chili in adobo sauce chopped



1 handful cilantro leaves chopped



1 tablespoon cumin toasted



1 cup regular corn fresh frozen canned



4 cloves garlic chopped

- ☐ 1 bell pepper green cut into bit sized pieces
- ☐ 1 jalapeno chopped
- ☐ 1 tablespoon oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup quinoa rinsed
- ☐ 1 bell pepper red cut into bit sized pieces
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups water
- ☐ 1 zucchini cut into bit sized pieces, optional

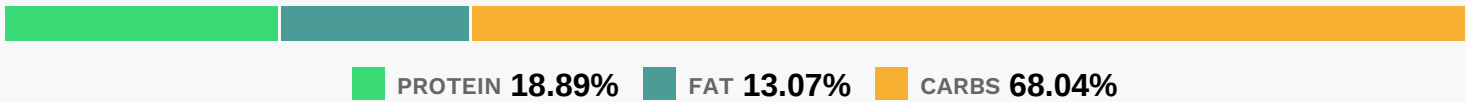
Equipment

- ☐ frying pan

Directions

- ☐ Simmer the quinoa in the water until absorbed, about 20 minutes.
- ☐ Heat the oil in a pan over medium heat, add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, chili powder and cumin and saute until fragrant, about 1 minutes.
- ☐ Add the tomatoes, beans, peppers, zucchini, chipotle, oregano, salt and pepper and simmer for 20 minutes.
- ☐ Add the quinoa and corn and simmer for 5 minutes.
- ☐ Remove from the heat and stir in the cilantro.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:5.6, Inflammation Score:-10, Nutrition Score:46.979130620542%

Flavonoids

Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 580.92kcal (29.05%), Fat: 8.9g (13.7%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 104.26g (34.75%), Net Carbohydrates: 74.49g (27.09%), Sugar: 15.99g (17.76%), Cholesterol: 0mg (0%), Sodium: 1547.07mg (67.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.95g (57.9%), Vitamin C: 106.3mg (128.84%), Fiber: 29.77g (119.09%), Manganese: 2.27mg (113.64%), Folate: 320.7µg (80.18%), Iron: 11.99mg (66.61%), Magnesium: 261.75mg (65.44%), Phosphorus: 641.34mg (64.13%), Copper: 1.28mg (64%), Potassium: 2129.06mg (60.83%), Vitamin B1: 0.83mg (55.08%), Vitamin B6: 1.06mg (52.98%), Vitamin A: 2377.49IU (47.55%), Vitamin B2: 0.7mg (41.31%), Vitamin E: 5.86mg (39.04%), Vitamin B3: 6.47mg (32.35%), Zinc: 4.02mg (26.8%), Vitamin K: 28.1µg (26.76%), Calcium: 240.4mg (24.04%), Vitamin B5: 1.95mg (19.5%), Selenium: 9.75µg (13.92%)