

Black Bean Chili

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 30 ounce black beans drained and rinsed canned
- 1.5 cups chicken broth
- 1 tablespoon chili powder
- 1 cup corn kernels fresh
- 10 mushrooms fresh quartered
- 1 teaspoon ground cumin
- 1 teaspoon ground pepper black
- 1 jalapeno minced seeded

- 1 tablespoon olive oil
- 1 onion chopped
- 2 bell pepper red seeded chopped
- 6 roma tomatoes diced (plum)
- 1 teaspoon salt

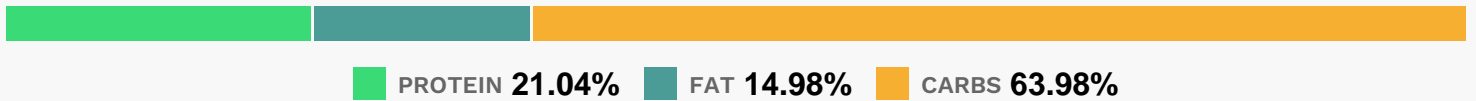
Equipment

- food processor
- sauce pan
- blender

Directions

- Heat oil in a large saucepan over medium-high heat.
- Sautee the onion, red bell peppers, jalapeno, mushrooms, tomatoes and corn for 10 minutes or until the onions are translucent. Season with black pepper, cumin and chili powder. Stir in the black beans, chicken broth and salt. bring to a boil.
- Remove 1 1/2 cups of the soup to food processor or blender; puree and stir the bean mixture back into the soup.
- Serve hot by itself or over rice.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:16.524347892274%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 162.44kcal (8.12%), Fat: 2.89g (4.45%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 17.92g (6.52%), Sugar: 5.03g (5.58%), Cholesterol: 0.88mg (0.29%), Sodium: 887.38mg (38.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.27%), Vitamin C: 52.2mg (63.27%), Fiber: 9.85g (39.4%), Vitamin A: 1678.03IU (33.56%), Folate: 100.8µg (25.2%), Manganese: 0.47mg (23.65%), Potassium: 688.57mg (19.67%), Vitamin B2: 0.31mg (18.46%), Phosphorus: 182.19mg (18.22%), Copper: 0.35mg (17.72%), Vitamin B1: 0.25mg (16.74%), Iron: 2.93mg (16.29%), Magnesium: 59.77mg (14.94%), Vitamin B3: 2.72mg (13.58%), Vitamin B6: 0.27mg (13.58%), Vitamin E: 1.46mg (9.76%), Vitamin B5: 0.87mg (8.74%), Vitamin K: 8.1µg (7.71%), Zinc: 1.06mg (7.04%), Selenium: 4.33µg (6.18%), Calcium: 57.12mg (5.71%)