



Black Bean Chili

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 oz black beans drained and rinsed canned
- ☐ 0.5 cup chicken broth
- ☐ 2 teaspoons chili powder
- ☐ 4 servings garnish: cream diced sour
- ☐ 1 bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 1 pound pork tenderloin
- ☐ 16 oz chunky salsa

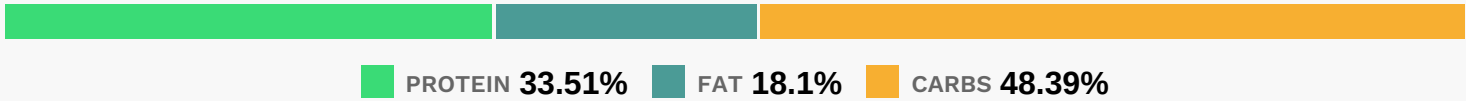
Equipment

- ☐ slow cooker

Directions

- ☐ Place pork in a lightly greased slow cooker; add remaining ingredients except garnish.
- ☐ Cover and cook on low setting for 8 hours, or on high setting for 4 hours.
- ☐ Shred pork; return to slow cooker.
- ☐ Garnish servings with dollops of sour cream and diced tomatoes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:42.09000006966%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 534.92kcal (26.75%), Fat: 10.97g (16.88%), Saturated Fat: 5.12g (32.03%), Carbohydrates: 66.03g (22.01%), Net Carbohydrates: 40.39g (14.69%), Sugar: 6.87g (7.63%), Cholesterol: 91.25mg (30.42%), Sodium: 2159.95mg (93.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.72g (91.44%), Vitamin B1: 1.65mg (109.67%), Fiber: 25.63g (102.53%), Vitamin B6: 1.38mg (68.79%), Phosphorus: 686.33mg (68.63%), Selenium: 40.48µg (57.83%), Vitamin B3: 11.15mg (55.77%), Potassium: 1867.02mg (53.34%), Folate: 209.4µg (52.35%), Manganese: 1.03mg (51.56%), Vitamin B2: 0.88mg (51.54%), Iron: 8.52mg (47.33%), Vitamin C: 36.87mg (44.69%), Magnesium: 170.99mg (42.75%), Copper: 0.84mg (42.04%), Zinc: 4.29mg (28.61%), Vitamin A: 1202.4IU (24.05%), Vitamin B5: 1.88mg (18.83%), Calcium: 186.5mg (18.65%), Vitamin E: 2.39mg (15.92%), Vitamin K: 11.75µg (11.19%), Vitamin B12: 0.62µg (10.33%), Vitamin D: 0.58µg (3.87%)