



 **52%**
HEALTH SCORE

Black Bean Chili with Cilantro

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



5

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chicken broth dry (from 32-oz carton)
- 1 tablespoon olive oil
- 2 cups onion chopped
- 0.5 cup celery chopped
- 0.5 cup carrots chopped
- 0.5 cup bell pepper red chopped
- 45 oz black beans rinsed drained canned
- 2 cups chicken broth (from 32-oz carton)

- 1 cup tomatoes chopped
- 2 tablespoons garlic finely chopped
- 2 tablespoons honey
- 2 tablespoons tomato paste
- 4 teaspoons chili powder to taste
- 1 teaspoon ground cumin
- 0.5 teaspoon oregano dried
- 0.3 cup cilantro leaves fresh chopped
- 1 serving salt and pepper to taste
- 1 serving onion chopped
- 1 serving monterrey jack cheese shredded
- 1 serving yogurt plain sour

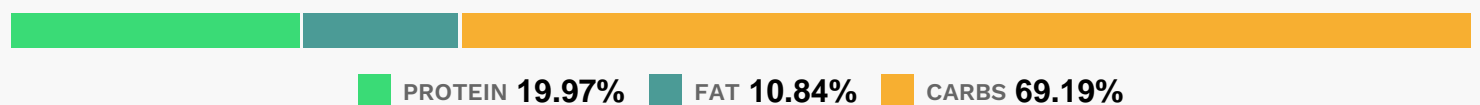
Equipment

- dutch oven

Directions

- In a 4- to 5-quart Dutch oven, heat sherry and oil over medium heat.
- Add onions; cook until softened.
- Add celery, carrot and bell pepper; cook 5 minutes, stirring frequently.
- Stir in remaining ingredients except garnishes.
- Heat to boiling; reduce heat to low. Cover; simmer 45 to 60 minutes or until chili is desired thickness.
- Garnish individual servings with onion, cheese and a dollop of yogurt.

Nutrition Facts



Properties

Glycemic Index:83.62, Glycemic Load:6.84, Inflammation Score:-10, Nutrition Score:27.160434863247%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg

Nutrients (% of daily need)

Calories: 352.33kcal (17.62%), Fat: 4.43g (6.82%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 63.65g (21.22%), Net Carbohydrates: 42.52g (15.46%), Sugar: 13.64g (15.16%), Cholesterol: 2.32mg (0.77%), Sodium: 1512.97mg (65.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.74%), Fiber: 21.12g (84.49%), Vitamin A: 3548.78IU (70.98%), Vitamin C: 39.37mg (47.72%), Manganese: 0.95mg (47.64%), Folate: 189.82µg (47.46%), Potassium: 1211.31mg (34.61%), Iron: 6.21mg (34.5%), Phosphorus: 338.57mg (33.86%), Copper: 0.62mg (31.15%), Vitamin B1: 0.46mg (30.75%), Magnesium: 113.9mg (28.48%), Vitamin B2: 0.46mg (26.86%), Vitamin B6: 0.42mg (20.85%), Vitamin K: 15.94µg (15.19%), Calcium: 146.19mg (14.62%), Vitamin B3: 2.83mg (14.17%), Vitamin E: 1.93mg (12.85%), Zinc: 1.91mg (12.74%), Selenium: 5.44µg (7.77%), Vitamin B5: 0.76mg (7.6%)