



 **51%**  
HEALTH SCORE

## Black Bean Chili with Cilantro

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



5

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 45 oz black beans rinsed drained canned
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 0.3 cup chicken broth dry (from 32-oz carton)
- 2 cups chicken broth (from 32-oz carton)
- 4 teaspoons chili powder to taste
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons garlic finely chopped

- 1 teaspoon ground cumin
- 2 tablespoons honey
- 5 servings monterrey jack cheese shredded
- 1 tablespoon olive oil
- 5 servings onion chopped
- 2 cups onion chopped
- 0.5 teaspoon oregano dried
- 0.5 cup bell pepper red chopped
- 5 servings salt and pepper to taste
- 1 cup tomatoes chopped
- 2 tablespoons tomato paste
- 5 servings yogurt plain sour

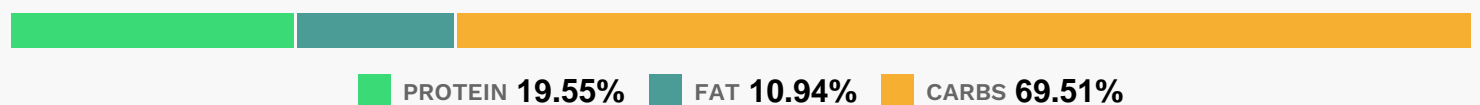
## Equipment

- 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:7.75, Inflammation Score:-10, Nutrition Score:28.356956300042%

## 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: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 24.91mg, Quercetin: 24.91mg, Quercetin: 24.91mg, Quercetin: 24.91mg

## Nutrients (% of daily need)

Calories: 373.4kcal (18.67%), Fat: 4.74g (7.3%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 67.8g (22.6%), Net Carbohydrates: 45.93g (16.7%), Sugar: 15.55g (17.28%), Cholesterol: 3.13mg (1.04%), Sodium: 1674.93mg (72.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.15%), Fiber: 21.87g (87.48%), Vitamin A: 3556.61IU (71.13%), Vitamin C: 42.63mg (51.67%), Manganese: 1.01mg (50.51%), Folate: 198.38µg (49.6%), Potassium: 1277.47mg (36.5%), Phosphorus: 355.64mg (35.56%), Iron: 6.31mg (35.06%), Vitamin B1: 0.48mg (32.12%), Copper: 0.64mg (32.03%), Magnesium: 118.62mg (29.65%), Vitamin B2: 0.47mg (27.81%), Vitamin B6: 0.47mg (23.53%), Calcium: 163.34mg (16.33%), Vitamin K: 16.14µg (15.37%), Vitamin B3: 2.89mg (14.43%), Zinc: 2.02mg (13.44%), Vitamin E: 1.94mg (12.92%), Selenium: 5.79µg (8.28%), Vitamin B5: 0.82mg (8.19%)