



WHATSheATE



HEALTH SCORE

100%

Black-Bean Chili With Winter Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



30 ounce black beans rinsed drained canned



28 ounce canned tomatoes diced undrained canned



0.3 teaspoon chipotle chile powder



4.5 ounce mild chiles green chopped canned



1 teaspoon chili powder



3 garlic cloves minced



1 tablespoon olive oil



1.5 cups onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 2 cups less-sodium vegetable broth fat-free
- ☐ 2 pounds winter squash
- ☐ 1 cup bell pepper diced yellow

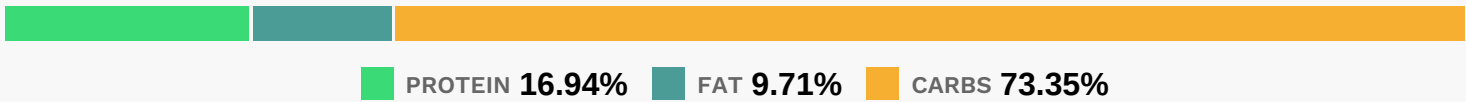
Equipment

- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Add onion and bell pepper, and cook, stirring frequently, until soft, about 5 minutes.
- ☐ Add garlic and cook, stirring, 1 minute. Stir in beans, broth, tomatoes, green chiles, chili powder, chipotle chile powder, and oregano. Simmer, covered, 10 minutes. Uncover and cook 10 more minutes.
- ☐ Cut squash in half lengthwise, scoop out and discard seeds, pierce with a fork a few times, and put in a microwave-safe dish with 1/4 inch water. Cover with plastic wrap; microwave on HIGH 8 minutes or until tender.
- ☐ Let cool; peel with a small sharp knife, and cut into 1/2-inch chunks. Stir squash into bean mixture; cook 5 minutes. Stir in salt.
- ☐ Serve warm.
- ☐ Andrea's wine pick: The chiles, beans, and squash demand the earthy smokiness of a French red Rhone wine. Look for the magnificent 2004 vintage of La Vieille Ferme Ctes du Ventoux (\$99).

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:32.265652283378%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 300.49kcal (15.02%), Fat: 3.52g (5.42%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 59.89g (19.96%), Net Carbohydrates: 42.74g (15.54%), Sugar: 12.44g (13.82%), Cholesterol: 0mg (0%), Sodium: 831.88mg (36.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.65%), Vitamin A: 16717.08IU (334.34%), Vitamin C: 127.31mg (154.31%), Fiber: 17.15g (68.61%), Manganese: 1.04mg (51.88%), Potassium: 1550.6mg (44.3%), Folate: 163.97µg (40.99%), Vitamin B6: 0.73mg (36.69%), Magnesium: 140.67mg (35.17%), Copper: 0.7mg (35.08%), Iron: 6.05mg (33.59%), Vitamin B1: 0.49mg (32.91%), Vitamin E: 4.48mg (29.87%), Phosphorus: 275.56mg (27.56%), Vitamin B3: 4.9mg (24.49%), Calcium: 188.64mg (18.86%), Vitamin B2: 0.31mg (18.24%), Vitamin K: 14.63µg (13.93%), Vitamin B5: 1.38mg (13.8%), Zinc: 1.55mg (10.34%), Selenium: 4.06µg (5.8%)