



WHATSHEATE



HEALTH SCORE

93%

Black Bean, Lentil and Eggplant Chili



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



150 min.

SERVINGS



8

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 7.5 ounce canned tomatoes crushed canned
- ☐ 7.5 ounce canned tomatoes diced canned
- ☐ 1 poblano chile pepper diced
- ☐ 3 guajillo chile peppers dried stemmed for less heat remove seeds
- ☐ 4 new mexico chile peppers dried stemmed for less heat remove seeds
- ☐ 0.5 pound black beans dried
- ☐ 2 chipotle chile peppers dried stemmed for less heat remove seeds

- ☐ 0.5 cup green lentils dried
- ☐ 1 pound eggplant cut into 1/4-inch cubes
- ☐ 4 large cloves garlic diced
- ☐ 1 tablespoon ground cumin
- ☐ 2 juice of lime or the juice of 1 lime
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion diced
- ☐ 1 tablespoon vegetable bouillon

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

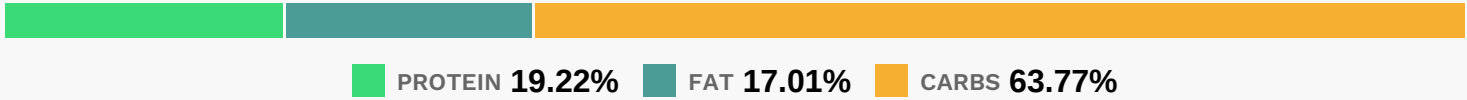
Directions

- ☐ Put the black beans in a large bowl and cover with cold water; set aside to soak overnight, then drain.
- ☐ Combine the soaked black beans, 2 pasilla chiles, the bay leaves and half of the garlic in a large wide pot and add enough water to cover by 3 inches. Bring to a boil, then reduce the heat to medium low and simmer until soft, about 1 1/2 hours; remove from the heat and set aside.
- ☐ Meanwhile, add the remaining 2 pasilla chiles and the cascabel and chipotle chiles to a food processor and pulse until finely chopped.
- ☐ Heat the olive oil in a large skillet over medium-high heat.
- ☐ Add the onion, the chopped dried chiles and the cumin and saute until the chiles are soft, about 7 minutes.
- ☐ Add the remaining garlic and the poblano and cook, stirring occasionally, 5 more minutes.

- ☐
- Add the eggplant, season with salt and cook, stirring occasionally, until tender, about 8 minutes.

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Nutrition Facts



Properties

Glycemic Index:46.58, Glycemic Load:4.38, Inflammation Score:-8, Nutrition Score:22.473478234333%

Flavonoids

Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 53.83mg, Delphinidin: 53.83mg, Delphinidin: 53.83mg, Delphinidin: 53.83mg Malvidin: 3.01mg, Malvidin: 3.01mg, Malvidin: 3.01mg, Malvidin: 3.01mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 237.55kcal (11.88%), Fat: 4.75g (7.31%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 27.76g (10.09%), Sugar: 9.05g (10.06%), Cholesterol: 0mg (0%), Sodium: 282.58mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.16%), Vitamin C: 75.14mg (91.08%), Folate: 216.64µg (54.16%), Fiber: 12.32g (49.3%), Manganese: 0.85mg (42.29%), Vitamin B1: 0.47mg (31.35%), Potassium: 1014.06mg (28.97%), Vitamin B6: 0.54mg (27.14%), Copper: 0.52mg (26.03%), Magnesium: 97.18mg (24.3%), Iron: 4.21mg (23.38%), Phosphorus: 215mg (21.5%), Vitamin K: 15.56µg (14.82%), Zinc: 2.04mg (13.63%), Vitamin B3: 2.52mg (12.58%), Vitamin E: 1.81mg (12.09%), Vitamin A: 585.22IU (11.7%), Vitamin B2: 0.18mg (10.38%), Vitamin B5: 0.94mg

(9.44%), Calcium: 85.44mg (8.54%), Selenium: 2.95µg (4.21%)