



 **63%**
HEALTH SCORE

Chipotle-Black Bean Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce black beans drained canned
- 4.5 ounce chiles green drained chopped canned
- 2 tablespoons chili powder
- 1 teaspoon chipotle chile in adobo canned minced drained
- 6 garlic cloves minced
- 29 ounce no salt added diced tomatoes whole undrained chopped canned
- 1 teaspoon olive oil
- 1 cup onion finely chopped

0.3 teaspoon pepper

0.1 teaspoon salt

Equipment

bowl

sauce pan

ladle

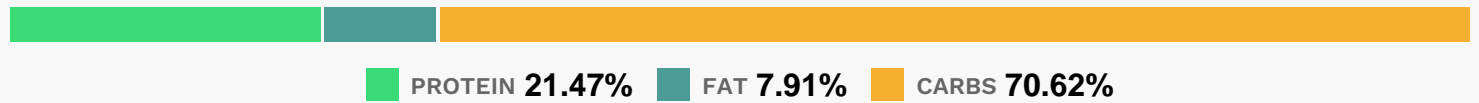
Directions

Heat oil in a large saucepan over medium-high heat.

Add onion and garlic; saut 3 minutes or until tender.

Add chili powder and next 6 ingredients (chili powder through green chiles); bring to a boil. Reduce heat, and simmer 15 minutes. Ladle chili into individual bowls, and garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.26, Inflammation Score:0, Nutrition Score:25.370435134224%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 279.1kcal (13.95%), Fat: 2.61g (4.01%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 52.4g (17.47%), Net Carbohydrates: 32.81g (11.93%), Sugar: 7g (7.78%), Cholesterol: 0mg (0%), Sodium: 1104.33mg (48.01%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 15.93g (31.86%), Fiber: 19.59g (78.37%), Vitamin C: 40.15mg (48.67%), Manganese: 0.86mg (43.23%), Folate: 172.24µg (43.06%), Iron: 7.36mg (40.88%), Potassium: 1233.45mg (35.24%), Copper: 0.62mg (31.04%), Phosphorus: 302.87mg (30.29%), Vitamin A: 1477.12IU (29.54%), Vitamin B1: 0.43mg (28.73%), Vitamin B6: 0.57mg (28.56%), Magnesium: 109.6mg (27.4%), Vitamin B2: 0.43mg (25.37%), Vitamin E: 3.08mg (20.53%), Calcium: 180.77mg (18.08%), Vitamin B3: 3.53mg (17.62%), Zinc: 1.76mg (11.72%), Vitamin K:

11.23µg (10.7%), Vitamin B5: 0.77mg (7.74%), Selenium: 4.73µg (6.75%)