



## Easy Black Bean Chili

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion chopped
- 1 cup bell pepper green chopped
- 4 cloves garlic finely chopped
- 2 serrano chiles fresh seeded finely chopped
- 30 oz black beans rinsed drained canned
- 1.5 cups water
- 1 tablespoon chili powder

- 1 teaspoon ground cumin
- 0.5 teaspoon coarse salt (kosher or sea)
- 1 cup regular corn sweet frozen organic
- 1 serving yogurt plain sour
- 1 serving cheddar cheese shredded
- 1 serving cilantro leaves fresh chopped
- 29 oz frangelico plain diced fire roasted organic undrained canned

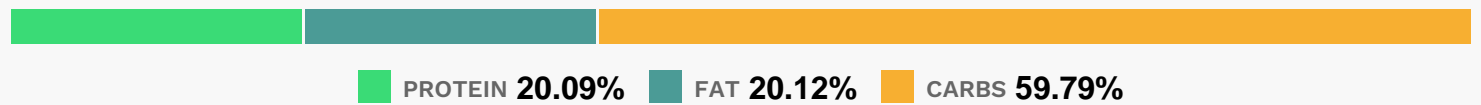
## Equipment

- sauce pan

## Directions

- In 4-quart saucepan, heat oil over medium heat.
- Add onion, bell pepper, garlic and chiles; cook 5 to 7 minutes, stirring frequently, until tender.
- Stir in black beans, tomatoes, water, chili powder, cumin and salt.
- Heat to boiling. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Stir in corn.
- Heat to boiling. Reduce heat; simmer uncovered 5 minutes longer.
- Top each serving with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:34.25, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:14.696956357878%

## Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

## Nutrients (% of daily need)

Calories: 218.44kcal (10.92%), Fat: 5.12g (7.88%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 22.35g (8.13%), Sugar: 3.12g (3.46%), Cholesterol: 5.02mg (1.67%), Sodium: 798.88mg (34.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (23%), Fiber: 11.89g (47.55%), Vitamin C: 28.74mg (34.84%), Manganese: 0.51mg (25.49%), Folate: 101.92µg (25.48%), Phosphorus: 218.14mg (21.81%), Iron: 3.46mg (19.24%), Potassium: 625.24mg (17.86%), Vitamin B1: 0.26mg (17.38%), Copper: 0.35mg (17.38%), Magnesium: 67.55mg (16.89%), Vitamin B2: 0.24mg (14.04%), Vitamin B6: 0.27mg (13.45%), Vitamin A: 635.47IU (12.71%), Calcium: 107.8mg (10.78%), Zinc: 1.29mg (8.63%), Vitamin B3: 1.68mg (8.39%), Vitamin K: 8.08µg (7.7%), Vitamin E: 0.88mg (5.86%), Selenium: 4.03µg (5.75%), Vitamin B5: 0.57mg (5.71%)