



Fantastic Black Bean Chili



Gluten Free



Dairy Free



Popular

READY IN



95 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



45 ounce black beans undrained canned



14.5 ounce canned tomatoes crushed canned



1.5 tablespoons chili powder



1 tablespoon basil leaves dried



2 cloves garlic minced



1 pound pd of ground turkey



1 onion diced



1 tablespoon oregano dried

- ☐ 1 tablespoon red wine vinegar
- ☐ 1 tablespoon vegetable oil

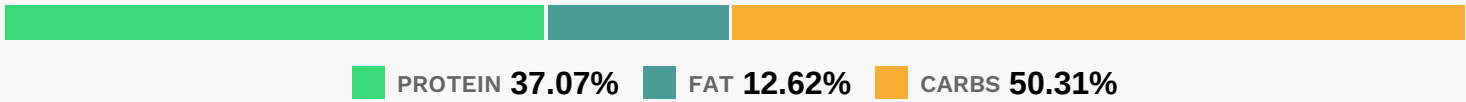
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large heavy pot over medium heat; cook onion and garlic until onions are translucent.
- ☐ Add turkey and cook, stirring, until meat is brown. Stir in beans, tomatoes, chili powder, oregano, basil and vinegar. Reduce heat to low, cover and simmer 60 minutes or more, until flavors are well blended.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:1.89, Inflammation Score:-9, Nutrition Score:27.432608728823%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 338.82kcal (16.94%), Fat: 4.92g (7.57%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 26.53g (9.65%), Sugar: 3.99g (4.43%), Cholesterol: 41.58mg (13.86%), Sodium: 980.07mg (42.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.05%), Fiber: 17.61g (70.43%), Vitamin B3: 9.83mg (49.13%), Vitamin B6: 0.96mg (48.08%), Phosphorus: 439.27mg (43.93%), Manganese: 0.81mg (40.39%), Folate: 152.77µg (38.19%), Iron: 6.83mg (37.95%), Potassium: 1177.41mg (33.64%), Copper: 0.63mg (31.36%), Magnesium: 122.2mg (30.55%), Selenium: 20.58µg (29.4%), Vitamin B1: 0.41mg (27.56%), Vitamin K: 26.61µg (25.35%), Vitamin B2: 0.41mg (23.96%), Zinc: 2.86mg (19.09%), Vitamin C: 13.76mg (16.68%), Vitamin A: 787.3IU (15.75%), Calcium: 141mg (14.1%), Vitamin E: 2.09mg (13.9%), Vitamin B5: 1.31mg (13.06%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.3µg (2.02%)