



 **43%**  
HEALTH SCORE

## Black Bean and Chickpea Chili

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 ounce black beans drained and rinsed canned
- 29 ounce tomatoes diced with their juice canned
- 15 ounce garbanzo beans drained and rinsed canned
- 5 carrots peeled sliced into rounds
- 1.5 cups chicken broth
- 1 tablespoon chili powder
- 1 cup corn frozen
- 2 bell pepper green seeded chopped

- 1.5 teaspoons ground cumin
- 1 teaspoon pepper black
- 1.5 tablespoons olive oil
- 1 onion chopped

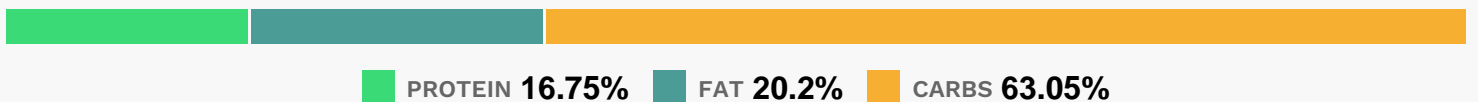
## Equipment

- food processor
- frying pan
- sauce pan

## Directions

- If using turkey, heat oil in a large saucepan over medium-high heat, and cook and stir the ground turkey for about 10 minutes, breaking it up with a spoon as it cooks, until the meat is no longer pink.
- Remove the turkey meat and set aside, leaving oil in the pan.
- Place the onion, green peppers, and carrots into the saucepan, and cook and stir for about 10 minutes, until the onion is translucent and the vegetables are tender. Stir in the chili powder, cumin, and black pepper, and pour in the diced tomatoes, frozen corn, black beans, garbanzo beans, and chicken broth. Bring the mixture to a boil.
- Place about 1 1/2 cups of the chili mixture into a food processor, and puree for about 1 minute until smooth.
- Pour the puree back into the rest of the chili to thicken.
- Add the cooked turkey meat, and bring the chili back to a simmer over medium-low heat.

## Nutrition Facts



## Properties

Glycemic Index:13.43, Glycemic Load:2.38, Inflammation Score:-10, Nutrition Score:14.446087115809%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

## **Nutrients (% of daily need)**

Calories: 127.08kcal (6.35%), Fat: 3.06g (4.71%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 14.93g (5.43%), Sugar: 3.88g (4.31%), Cholesterol: 0.59mg (0.2%), Sodium: 472.15mg (20.53%), Alcohol: 0g (100%), Protein: 5.71g (11.43%), Vitamin A: 4609.46IU (92.19%), Vitamin C: 26.5mg (32.12%), Manganese: 0.57mg (28.69%), Fiber: 6.58g (26.32%), Vitamin B6: 0.39mg (19.69%), Potassium: 483.82mg (13.82%), Iron: 2.36mg (13.1%), Folate: 50.25µg (12.56%), Phosphorus: 111.81mg (11.18%), Copper: 0.22mg (11.01%), Magnesium: 42.34mg (10.59%), Vitamin B1: 0.15mg (9.86%), Vitamin B2: 0.15mg (8.54%), Vitamin K: 8.89µg (8.47%), Vitamin E: 1.24mg (8.25%), Vitamin B3: 1.5mg (7.48%), Calcium: 65.53mg (6.55%), Zinc: 0.79mg (5.29%), Vitamin B5: 0.4mg (4.03%), Selenium: 1.69µg (2.42%)