



Three-Bean Chili

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons cocoa powder
- 15 ounces black beans rinsed drained canned
- 16 ounces kidney beans rinsed drained canned
- 15 ounces pinto beans rinsed drained canned
- 14 ounces canned tomatoes diced canned
- 0.5 cup celery chopped
- 1 tablespoon chili powder
- 0.5 cup beer dark

- 1 teaspoon garlic minced
- 0.5 cup bell pepper green chopped
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 4 ounces cheddar cheese shredded
- 0.3 cup sun-dried olives (packed in oil) chopped

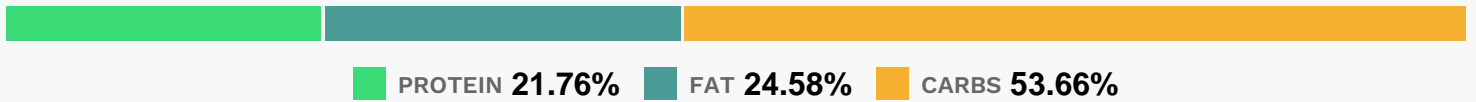
Equipment

- dutch oven

Directions

- In a Dutch oven, saute the onion, green pepper, celery and garlic in oil until crisp-tender.
- Add the tomatoes, beans, beer, chili powder and cocoa. Bring to a boil. Reduce heat; cover and simmer for 40 minutes.
- Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:9.75, Inflammation Score:-8, Nutrition Score:21.148695546648%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 327.84kcal (16.39%), Fat: 9.2g (14.16%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 30.06g (10.93%), Sugar: 8.07g (8.97%), Cholesterol: 17.95mg (5.98%), Sodium: 893.07mg

(38.83%), Alcohol: 0.77g (100%), Alcohol %: 0.27% (100%), Protein: 18.33g (36.66%), Fiber: 15.15g (60.59%), Manganese: 0.91mg (45.34%), Phosphorus: 360.48mg (36.05%), Potassium: 1079.03mg (30.83%), Copper: 0.6mg (29.88%), Iron: 5.11mg (28.39%), Vitamin C: 22.29mg (27.02%), Magnesium: 106.18mg (26.54%), Folate: 102.55µg (25.64%), Calcium: 246.34mg (24.63%), Vitamin B1: 0.31mg (21%), Vitamin B6: 0.37mg (18.57%), Vitamin B2: 0.29mg (17.33%), Vitamin K: 16.81µg (16.01%), Vitamin A: 789.04IU (15.78%), Zinc: 2.22mg (14.83%), Vitamin E: 2.21mg (14.74%), Vitamin B3: 2.62mg (13.08%), Selenium: 5.85µg (8.35%), Vitamin B5: 0.72mg (7.25%), Vitamin B12: 0.24µg (3.94%)