



## Hominy Chili with Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons bottled garlic minced
- 15 ounce beans red drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 14.5 ounce canned tomatoes undrained chopped canned
- 4 teaspoons chili powder
- 4 teaspoons cilantro leaves fresh minced
- 1 teaspoon ground cumin
- 15.5 ounce hominy white drained canned

- 0.3 cup cream sour low-fat
- 1 ounce sharp cheddar cheese shredded reduced-fat
- 2 teaspoons vegetable oil

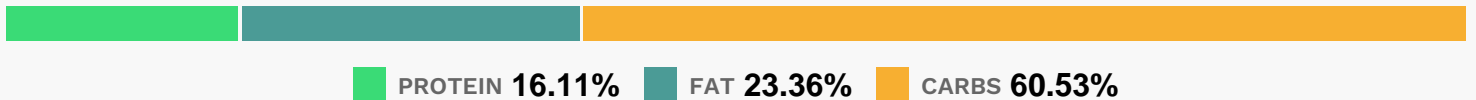
## Equipment

- bowl
- sauce pan

## Directions

- Heat oil in a large saucepan over medium heat.
- Add garlic; saut 1 minute. Stir in chili powder and next 5 ingredients (chili powder through stewed tomatoes); bring to a boil. Reduce heat; simmer, uncovered, 15 minutes. Spoon 1 1/4 cups chili into each of 4 bowls; top each serving with 1 tablespoon sour cream, 1 tablespoon cheese, and 1 teaspoon cilantro.
- Note: If hominy is not available, you can substitute 1 (11-ounce) can vacuum-packed white corn or 1 (25-ounce) can whole-kernel corn, drained. Hominy imparts a distinctive flavor remarkably different from that of corn, so if you use corn, know that the dish will be more like a basic chili with beans.

## Nutrition Facts



## Properties

Glycemic Index:55.5, Glycemic Load:9.77, Inflammation Score:-8, Nutrition Score:21.038260925075%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 8.52g (13.11%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 36.56g (13.3%), Sugar: 13.25g (14.72%), Cholesterol: 12.12mg (4.04%), Sodium: 1014.85mg (44.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.44%), Fiber: 13.09g (52.36%), Manganese: 0.86mg

(42.8%), Iron: 5.43mg (30.14%), Copper: 0.6mg (30.1%), Potassium: 982.93mg (28.08%), Phosphorus: 271.94mg (27.19%), Vitamin C: 20.75mg (25.15%), Magnesium: 99.39mg (24.85%), Vitamin E: 3.71mg (24.73%), Vitamin B6: 0.48mg (24.09%), Vitamin A: 1167.49IU (23.35%), Vitamin K: 22.34µg (21.28%), Calcium: 197.92mg (19.79%), Vitamin B1: 0.29mg (19.41%), Zinc: 2.84mg (18.93%), Vitamin B3: 3.36mg (16.8%), Vitamin B2: 0.26mg (15.09%), Folate: 59.28µg (14.82%), Selenium: 8.94µg (12.77%), Vitamin B5: 0.94mg (9.41%), Vitamin B12: 0.14µg (2.26%)