



## Lamb-and-Black Bean Chili

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 45 ounce black beans drained canned
- 1 tablespoon chili powder
- 1 cup cooking wine dry red
- 2 garlic cloves minced
- 1.5 teaspoons ground cumin
- 0.3 teaspoon hot sauce
- 1.5 pounds lamb lean
- 29 ounce no-salt-added tomatoes whole undrained chopped canned

- 1 cup onion chopped
- 1.5 teaspoons oregano dried
- 0.3 teaspoon salt
- 1 teaspoon sugar

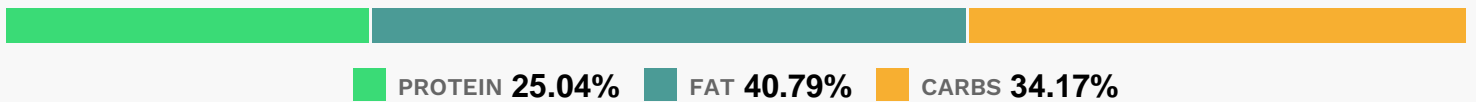
## Equipment

- frying pan
- paper towels
- dutch oven
- colander

## Directions

- Combine first 3 ingredients in a Dutch oven; cook over medium heat until browned, stirring to crumble.
- Drain in a colander; pat dry with paper towels. Wipe drippings from pan with a paper towel; return mixture to pan.
- Add tomatoes and next 6 ingredients (tomatoes through salt); bring to a boil. Cover, reduce heat, and simmer 2 hours; stir occasionally. Stir in beans and hot sauce. Cover; simmer 30 minutes.
- Garnish with cilantro sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.14, Glycemic Load:0.84, Inflammation Score:-8, Nutrition Score:15.005651909372%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

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

Calories: 420.63kcal (21.03%), Fat: 18.48g (28.43%), Saturated Fat: 8.63g (53.91%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 21.9g (7.96%), Sugar: 3.9g (4.33%), Cholesterol: 62.09mg (20.7%), Sodium: 782.15mg (34.01%), Alcohol: 3.15g (100%), Alcohol %: 1% (100%), Protein: 25.52g (51.04%), Fiber: 12.93g (51.73%), Iron: 5.84mg (32.46%), Folate: 110.53µg (27.63%), Manganese: 0.54mg (26.88%), Potassium: 747.7mg (21.36%), Phosphorus: 204.14mg (20.41%), Copper: 0.4mg (20.14%), Vitamin B1: 0.29mg (19.05%), Vitamin C: 15.71mg (19.05%), Magnesium: 73.19mg (18.3%), Vitamin B2: 0.27mg (15.7%), Vitamin B6: 0.26mg (13.09%), Calcium: 114.12mg (11.41%), Vitamin B3: 1.9mg (9.5%), Vitamin A: 434.93IU (8.7%), Vitamin E: 1.17mg (7.77%), Zinc: 1.12mg (7.46%), Vitamin K: 6.48µg (6.18%), Vitamin B5: 0.46mg (4.56%), Selenium: 2.63µg (3.75%)