



Meaty Black Bean Chili



Gluten Free

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READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 oz black beans canned
- ☐ 4 teaspoons chili powder
- ☐ 8 servings toppings: cream fresh shredded sour sliced chopped
- ☐ 14 oz chicken broth fat-free low-sodium canned
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground round
- ☐ 0.5 teaspoon pepper
- ☐ 29 oz canned tomatoes diced with jalapeños canned

- ☐ 0.3 teaspoon salt
- ☐ 1 large onion sweet chopped

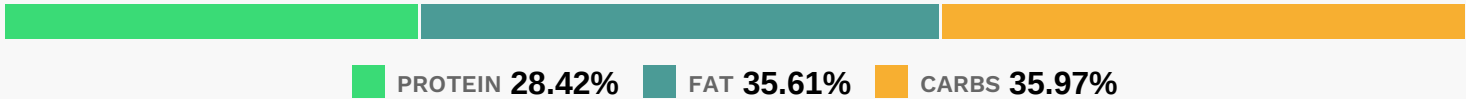
Equipment

- ☐ dutch oven

Directions

- ☐ Rinse and drain 2 cans black beans. (Do not drain third can.)
- ☐ Saut chopped onion and ground round in a large Dutch oven over medium heat 10 minutes or until meat is no longer pink. Stir in chili powder and next 3 ingredients; saut 1 minute. Stir in drained and undrained beans, chicken broth, and diced tomatoes. Bring to a boil over medium-high heat; cover, reduce heat to low, and simmer 10 minutes.
- ☐ Serve chili with desired toppings.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:2.32, Inflammation Score:-8, Nutrition Score:25.757826001748%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 419.49kcal (20.97%), Fat: 16.94g (26.06%), Saturated Fat: 8.25g (51.57%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 24.78g (9.01%), Sugar: 6.85g (7.61%), Cholesterol: 66.85mg (22.28%), Sodium: 1277.36mg (55.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.42g (60.84%), Fiber: 13.73g (54.94%), Phosphorus: 467.91mg (46.79%), Iron: 6.21mg (34.51%), Zinc: 5.08mg (33.84%), Folate: 130.67µg (32.67%), Calcium: 326.14mg (32.61%), Manganese: 0.65mg (32.33%), Selenium: 22.11µg (31.59%), Potassium: 1087.13mg (31.06%), Copper: 0.59mg (29.57%), Vitamin B2: 0.49mg (29.1%), Vitamin B3: 5.6mg (27.98%), Vitamin B12: 1.67µg (27.84%), Vitamin B6: 0.55mg (27.75%), Magnesium: 102.65mg (25.66%), Vitamin B1: 0.36mg (23.83%), Vitamin C: 15.77mg (19.12%), Vitamin A: 828.7IU (16.57%), Vitamin E: 2.09mg (13.94%), Vitamin B5: 1.15mg (11.51%), Vitamin K: 8.02µg (7.64%),

Vitamin D: 0.24µg (1.58%)