



 **80%**
HEALTH SCORE

Meaty, Meat-less Chili

 Vegetarian  Gluten Free  Very Healthy

READY IN



115 min.

SERVINGS



4

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium ancho chiles
- 1 avocado ripe
- 30 ounce black beans rinsed drained canned
- 15 ounce canned tomatoes diced crushed canned
- 1 quart chicken stock-in-a-box
- 1 handful cilantro leaves fresh
- 4 servings scant palmful coriander
- 4 servings scant palmful cumin

- 4 large cloves garlic thinly sliced
- 1 pinch ground cinnamon
- 1 juice of lime
- 0.3 cup olive oil extra-virgin
- 1 large onion chopped
- 4 servings scant palmful paprika smoked
- 8 portabella caps chopped
- 1 chile green red thinly sliced
- 4 servings salt and pepper black freshly ground
- 1 cup cup heavy whipping cream sour
- 4 servings sunflower seeds toasted for garnish, optional
- 2 ounce couple handfuls

Equipment

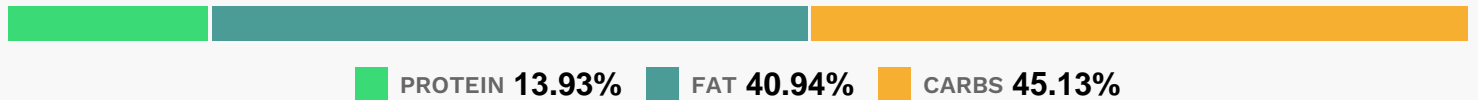
- food processor
- bowl
- frying pan
- pot
- dutch oven

Directions

- Stem and seed the ancho chiles and place in a pot with stock, bring the mixture to a boil then reduce the heat and keep warm.
- Heat a Dutch oven over medium-high heat with 1/4 cup extra-virgin olive oil, 4 turns of the pan.
- Add the mushrooms to the hot oil and brown 12 to 15 minutes, then add the garlic, onions, chile, salt and black pepper and soften 5 to 6 minutes more, season with a spice mixture of paprika, cumin, coriander, and cinnamon.
- Puree the reconstituted chiles and stock in a food processor.

- Add the chile stock mixture, beans, and tomatoes to the chili, cook 15 minutes until thickened, then turn off the heat, cool, cover and chill for make-ahead meal.
- To reheat: Cover the chili and place over medium to medium-high heat, stirring frequently until the chili bubbles, then uncover and simmer until ready to serve.
- Combine the avocado, sour cream, lime juice, cilantro, and salt in food processor and process into a smooth avocado-sour cream sauce for stirring into the chili.
- Serve the chili in shallow bowls and garnish with the avocado sauce, pepitas, if using, and a few tortilla chips, if using.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:58.000434274259%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 869.15kcal (43.46%), Fat: 41.87g (64.42%), Saturated Fat: 10.54g (65.87%), Carbohydrates: 103.87g (34.62%), Net Carbohydrates: 70.39g (25.6%), Sugar: 31.1g (34.56%), Cholesterol: 41.02mg (13.67%), Sodium: 1447.13mg (62.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.11%), Vitamin A: 10054.77IU (201.1%), Vitamin C: 132.84mg (161.02%), Fiber: 33.48g (133.92%), Vitamin B3: 18.18mg (90.88%), Potassium: 2923.05mg (83.52%), Vitamin B2: 1.3mg (76.75%), Folate: 306.94µg (76.73%), Copper: 1.46mg (72.97%), Phosphorus: 700.62mg (70.06%), Vitamin B6: 1.38mg (69.09%), Manganese: 1.36mg (68.07%), Selenium: 45.02µg (64.31%), Vitamin K: 64.55µg (61.48%), Iron: 9.84mg (54.66%), Vitamin E: 7.58mg (50.53%), Vitamin B1: 0.73mg (48.86%), Magnesium: 181.91mg (45.48%), Vitamin B5: 4.24mg (42.41%), Zinc: 4.03mg (26.85%), Calcium: 245.87mg (24.59%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.5µg (3.36%)