



HEALTH SCORE

69%

Mexican Black-Bean Chili



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 cup pieces bell pepper green ()
- ☐ 1 cup pieces bell pepper red ()
- ☐ 1 cup pieces bell pepper yellow ()
- ☐ 15 ounce canned tomatoes italian-style undrained chopped canned
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons cumin seeds
- ☐ 1 pound black beans dried

- ☐ 1 cup cilantro leaves fresh minced
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoons hot sauce
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon salt
- ☐ 1.5 ounces bittersweet chocolate coarsely chopped

Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans.
- ☐ Place beans and next 14 ingredients (beans through bay leaves) in an electric slow cooker. Cover with lid, and cook on low heat for 8 hours. Stir in cilantro and hot sauce.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:34.631739262006%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg,

Malvidin: 8.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg

Nutrients (% of daily need)

Calories: 374.53kcal (18.73%), Fat: 4.63g (7.12%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 67.88g (22.63%), Net Carbohydrates: 51.01g (18.55%), Sugar: 11.61g (12.9%), Cholesterol: 0.43mg (0.14%), Sodium: 532.49mg (23.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 19.82g (39.63%), Vitamin C: 115.26mg (139.71%), Folate: 380.47µg (95.12%), Fiber: 16.87g (67.48%), Manganese: 1.34mg (67.08%), Vitamin B1: 0.81mg (54.1%), Copper: 0.96mg (48.03%), Potassium: 1677.09mg (47.92%), Magnesium: 178mg (44.5%), Iron: 6.63mg (36.82%), Phosphorus: 354.15mg (35.41%), Vitamin A: 1738.13IU (34.76%), Vitamin B6: 0.65mg (32.33%), Vitamin K: 26.59µg (25.32%), Zinc: 3.52mg (23.48%), Calcium: 170.16mg (17.02%), Vitamin B3: 3.37mg (16.86%), Vitamin E: 2.47mg (16.49%), Vitamin B2: 0.26mg (15.51%), Vitamin B5: 1.17mg (11.7%), Selenium: 4.48µg (6.39%)