



Mexican Mole Chili

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans canned
- ☐ 15 ounce kidney beans canned
- ☐ 1 teaspoon chipotle chile powder
- ☐ 1 tablespoon chili powder
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon cumin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced

- ☐ 2 bell peppers green seeded chopped
- ☐ 1 pound ground beef lean
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoon onion diced red
- ☐ 0.8 teaspoon salt
- ☐ 30 ounce juice reserved from tomatoes diced low-sodium canned
- ☐ 3 tablespoons cocoa unsweetened

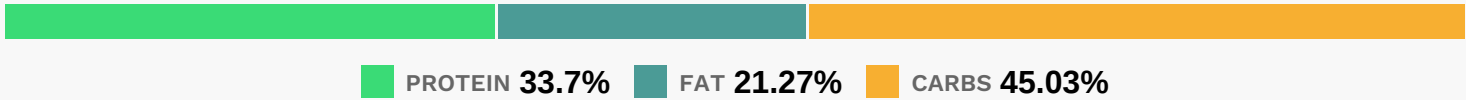
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in a large stockpot over medium-high heat.
- ☐ Add onion and cook until softened, 6-7 minutes.
- ☐ Add garlic and cook 1 minute.
- ☐ Add beef and cook, breaking up with a spoon, until just cooked through, 5 minutes.
- ☐ Add cocoa, chili powder, cumin, chipotle powder, salt, pepper, and crushed red pepper, and cook for 1 minute until fragrant.
- ☐ Add bell peppers, tomatoes, and beans, and bring to a boil. Cover, reduce heat, and simmer until liquid is absorbed, 40-45 minutes.
- ☐ Divide among 6 bowls and garnish with cilantro, onion, and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:4.37, Inflammation Score:-8, Nutrition Score:25.991303941478%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 305.9kcal (15.3%), Fat: 7.54g (11.59%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 22.87g (8.32%), Sugar: 7.36g (8.18%), Cholesterol: 46.87mg (15.62%), Sodium: 1026.2mg (44.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 26.87g (53.73%), Vitamin C: 50.28mg (60.95%), Fiber: 13.03g (52.1%), Manganese: 0.75mg (37.64%), Phosphorus: 371.57mg (37.16%), Vitamin B6: 0.73mg (36.3%), Iron: 6.5mg (36.09%), Zinc: 5.24mg (34.94%), Vitamin B3: 6.44mg (32.19%), Potassium: 1125.73mg (32.16%), Vitamin B12: 1.69µg (28.22%), Copper: 0.55mg (27.7%), Magnesium: 101.82mg (25.46%), Selenium: 16.02µg (22.89%), Vitamin B2: 0.38mg (22.06%), Folate: 87.86µg (21.97%), Vitamin B1: 0.32mg (21.06%), Vitamin A: 811.01IU (16.22%), Vitamin E: 2.28mg (15.22%), Vitamin K: 15.72µg (14.98%), Calcium: 121.64mg (12.16%), Vitamin B5: 0.98mg (9.83%)