



HEALTH SCORE

100%

Moroccan White Bean Chili



Gluten Free



Dairy Free



Very Healthy

READY IN



225 min.

SERVINGS



2

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups carrots chopped
- 1.8 cups celery chopped
- 0.3 cup chicken bouillon
- 4 tablespoons cilantro leaves fresh chopped
- 2 tablespoons garlic clove fresh minced
- 1 lb cannellini beans for 24 hours
- 0.3 teaspoon ground cinnamon
- 4 teaspoons ground cumin

- 2 teaspoons ground ginger
- 0.5 teaspoon pepper fresh black
- 1 teaspoon turmeric
- 2 tablespoons juice of lemon fresh
- 4 teaspoons paprika
- 0.3 teaspoon pepper red
- 0.5 teaspoon salt
- 1 teaspoon salt
- 8 tablespoons tomato paste
- 3.5 cups tomatoes fresh chopped
- 3 cups water
- 4 cups water
- 2 cups onion red yellow chopped

Equipment

- dutch oven

Directions

- In a non-stick 8-quart dutch oven pot, add onion, celery, carrot and garlic and saut five minutes or until the vegetables are soft and translucent. Stir in cumin and spice ingredients (through red pepper); cook 1 minute, stirring constantly.
- Add the tomato paste and mix it in.
- Quickly add the 3 cups water, the fresh diced tomatoes, and finally your soaked and drained bag of great northern beans. Bring to a boil. Cover, reduce the heat, and simmer for 2 1/2 hours or until the beans are fork tender (or to your likeness) and the water has reduced to a nice stew-like texture. Taste. Stir in the bouillon granules, salt-to-taste, and lemon juice. Taste. Take off the heat and stir in the cilantro.
- Serve over chunked up hearty mixed-grain bread or as-is.

Nutrition Facts



■ PROTEIN 20.28% ■ FAT 6.44% ■ CARBS 73.28%

Properties

Glycemic Index:156.42, Glycemic Load:14.34, Inflammation Score:-10, Nutrition Score:53.993478277455%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg Apigenin: 2.53mg, Apigenin: 2.53mg, Apigenin: 2.53mg, Apigenin: 2.53mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 35.13mg, Quercetin: 35.13mg, Quercetin: 35.13mg, Quercetin: 35.13mg

Nutrients (% of daily need)

Calories: 534.08kcal (26.7%), Fat: 4.15g (6.39%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 106.28g (35.43%), Net Carbohydrates: 75.24g (27.36%), Sugar: 27.85g (30.94%), Cholesterol: 0mg (0%), Sodium: 2579.42mg (112.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.81%), Vitamin A: 19960.87IU (399.22%), Manganese: 3.28mg (164.1%), Fiber: 31.04g (124.17%), Vitamin C: 81.45mg (98.72%), Folate: 363.76µg (90.94%), Potassium: 3170.95mg (90.6%), Iron: 12.82mg (71.2%), Vitamin K: 73.05µg (69.57%), Copper: 1.33mg (66.65%), Phosphorus: 642.36mg (64.24%), Vitamin B6: 1.24mg (61.79%), Magnesium: 246.29mg (61.57%), Vitamin B1: 0.7mg (46.96%), Vitamin E: 6.48mg (43.2%), Calcium: 403.31mg (40.33%), Vitamin B3: 7.33mg (36.64%), Vitamin B2: 0.51mg (30.01%), Zinc: 4.13mg (27.54%), Selenium: 16.94µg (24.21%), Vitamin B5: 1.77mg (17.68%)