

 65%
HEALTH SCORE

One-Pot Spicy Black Bean Chili



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 48 oz black beans drained and rinsed canned
- ☐ 14.5 oz canned tomatoes with chiles canned
- ☐ 7 oz chipotle chiles in adobo sauce canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 16 oz regular corn frozen
- ☐ 2 teaspoons garlic minced
- ☐ 2 teaspoons olive oil
- ☐ 1 onion chopped

- ☐ 1 tablespoon rice vinegar
- ☐ 4 servings optional: salsa fresh
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 teaspoon taco seasoning
- ☐ 2 cups water

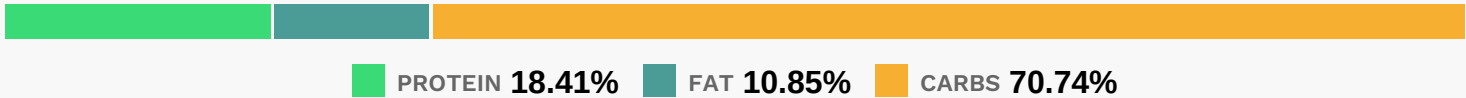
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a medium saucepan, saut onion and garlic in oil over medium-high heat 5 to 7 minutes or until onion softens and begins to brown.
- ☐ Add beans, corn, tomatoes, water and taco seasoning mix. Bring to a boil; reduce heat to low and simmer 15 minutes, stirring occasionally.
- ☐ Combine chiles in sauce and vinegar in a blender; process until pureed. Stir chile mixture and cilantro into chili, adding more taco seasoning mix if a spicier chili is preferred; heat through. Divide among 4 soup bowls; top with dollops of sour cream.
- ☐ Garnish with salsa and a sprig of cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:32.391739389171%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 547.09kcal (27.35%), Fat: 6.99g (10.75%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 102.54g (34.18%), Net Carbohydrates: 68.44g (24.89%), Sugar: 9.52g (10.58%), Cholesterol: 8.48mg (2.83%), Sodium: 1463.54mg (63.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.38%), Fiber: 34.1g (136.4%), Folate: 273.05µg (68.26%), Manganese: 1.23mg (61.45%), Iron: 9.89mg (54.94%), Phosphorus: 520.83mg (52.08%), Potassium: 1752.26mg (50.06%), Copper: 0.94mg (46.93%), Vitamin B1: 0.69mg (45.96%), Magnesium: 181.98mg (45.5%), Vitamin C: 29.75mg (36.06%), Vitamin B2: 0.6mg (35.09%), Vitamin B6: 0.6mg (30.17%), Vitamin B3: 5.34mg (26.7%), Zinc: 3.04mg (20.25%), Calcium: 186.65mg (18.66%), Vitamin B5: 1.34mg (13.41%), Vitamin E: 1.66mg (11.08%), Vitamin K: 10.41µg (9.92%), Selenium: 6.86µg (9.8%), Vitamin A: 409.56IU (8.19%)