



Pinto Bean Chili with Corn and Winter Squash

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce butternut squash cubed ()
- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 14.5 ounce canned tomatoes crushed undrained canned
- ☐ 2 tablespoons chili powder
- ☐ 1 cup whole-kernel corn frozen
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 lime wedges

- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 3 cups pinto beans cooked
- ☐ 0.8 cup queso fresco crumbled
- ☐ 1.5 cups bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 1.5 cups water

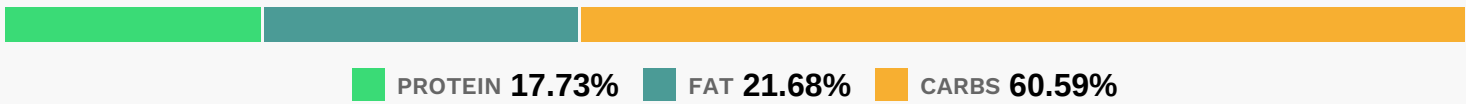
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add onion, bell pepper, and garlic; cover and cook 5 minutes or until tender.
- ☐ Add chili powder and cumin; cook 1 minute, stirring constantly.
- ☐ Place onion mixture in a 5-quart electric slow cooker.
- ☐ Add butternut squash and next 6 ingredients (through chiles). Cover and cook on low 8 hours or until vegetables are tender and chili is thick.
- ☐ Sprinkle with cheese; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:6.65, Inflammation Score:-10, Nutrition Score:29.322608688603%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin:

2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 298.68kcal (14.93%), Fat: 7.77g (11.95%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 34.86g (12.68%), Sugar: 9.89g (10.98%), Cholesterol: 10.52mg (3.51%), Sodium: 786.66mg (34.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.58%), Vitamin A: 8305.34IU (166.11%), Vitamin C: 82.67mg (100.2%), Fiber: 13.96g (55.84%), Folate: 220.89µg (55.22%), Manganese: 0.82mg (40.78%), Vitamin B6: 0.66mg (33%), Potassium: 1065.32mg (30.44%), Vitamin E: 4.55mg (30.35%), Phosphorus: 274.07mg (27.41%), Magnesium: 98.65mg (24.66%), Iron: 4.41mg (24.5%), Vitamin B1: 0.34mg (22.96%), Copper: 0.44mg (22.02%), Calcium: 215.67mg (21.57%), Vitamin B3: 2.97mg (14.84%), Selenium: 10.1µg (14.43%), Vitamin B2: 0.23mg (13.49%), Vitamin K: 13.73µg (13.08%), Zinc: 1.92mg (12.83%), Vitamin B5: 1mg (9.99%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.41µg (2.74%)