



Pinto-Bean Mole Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium ancho chiles dried
- ☐ 45 ounce pinto beans drained and rinsed canned
- ☐ 14.5 ounce canned tomatoes whole drained chopped canned
- ☐ 0.1 teaspoon rounded cinnamon
- ☐ 1 teaspoon cumin seeds cooled toasted
- ☐ 1 chipotle chile dried
- ☐ 4 garlic cloves finely chopped
- ☐ 0.8 pound kale coarsely chopped

- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions chopped
- ☐ 1 teaspoon orange zest grated
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 6 servings accompaniments: rice; cilantro; scallions; cream sour chopped
- ☐ 0.1 teaspoon sugar
- ☐ 3 tablespoons chocolate unsweetened finely chopped
- ☐ 1.3 cups water
- ☐ 3 medium zucchini and/or squash yellow quartered cut into 1/2-inch pieces

Equipment

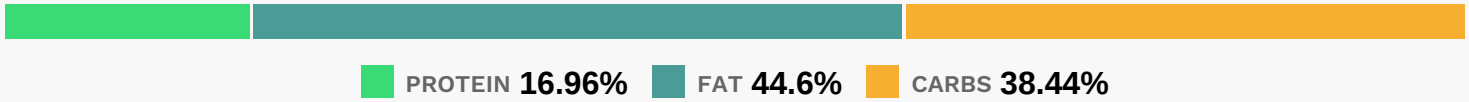
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Slit chiles lengthwise, then stem and seed.
- ☐ Heat a dry heavy medium skillet over medium heat until hot, then toast chiles, opened flat, turning and pressing with tongs, until pliable and slightly changed in color, about 30 seconds. Tear into small pieces.
- ☐ Pulse cumin seeds and chiles in grinder until finely ground.
- ☐ Transfer to a small bowl and stir in oregano, cinnamon, and 1 1/2 teaspoons salt.
- ☐ Cook onions in oil in a large heavy pot over medium-high heat, stirring occasionally, until softened.
- ☐ Add garlic and cook, stirring, 1 minute, then add chile mixture and cook, stirring, 30 seconds. Stir in zucchini and kale and cook, covered, 5 minutes.
- ☐ Add zest, sugar, chocolate, tomatoes with their juice, and water and simmer, covered, stirring occasionally, until vegetables are tender, about 15 minutes.
- ☐ Stir in beans and simmer 5 minutes. Season with salt.

- ☐ Chili improves in flavor if made 1 to 2 days ahead. Chill, uncovered, until cool, then cover.
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:11.93, Inflammation Score:-10, Nutrition Score:28.974348161532%

Flavonoids

Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 518.82kcal (25.94%), Fat: 27.02g (41.57%), Saturated Fat: 10.68g (66.73%), Carbohydrates: 52.4g (17.47%), Net Carbohydrates: 35.82g (13.03%), Sugar: 11.64g (12.93%), Cholesterol: 42.52mg (14.17%), Sodium: 626.18mg (27.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.91mg (1.97%), Protein: 23.13g (46.25%), Manganese: 1.38mg (69.01%), Fiber: 16.58g (66.33%), Vitamin A: 3309.38IU (66.19%), Iron: 6.9mg (38.33%), Potassium: 1319.55mg (37.7%), Phosphorus: 366.11mg (36.61%), Copper: 0.73mg (36.59%), Vitamin B6: 0.7mg (34.91%), Magnesium: 139.01mg (34.75%), Vitamin C: 26.52mg (32.14%), Zinc: 4.65mg (30.97%), Vitamin K: 27.96µg (26.63%), Vitamin B2: 0.41mg (24.06%), Folate: 92.3µg (23.08%), Vitamin B3: 4.39mg (21.94%), Vitamin E: 2.48mg (16.54%), Selenium: 11.55µg (16.51%), Vitamin B1: 0.24mg (16.14%), Calcium: 157.24mg (15.72%), Vitamin B12: 0.88µg (14.65%), Vitamin B5: 0.69mg (6.85%)