



## Pork-and-Black Bean Chili



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 30 ounce no-salt-added black beans undrained canned
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound boned pork loin roast lean
- ☐ 16 ounce thick-and-chunky salsa
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

☐ 1 cup bell pepper yellow chopped

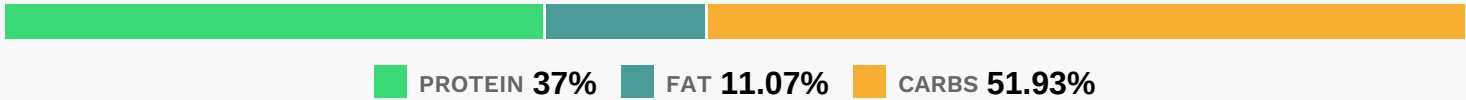
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Trim fat from pork; cut pork into 1-inch pieces.
- ☐ Combine pork and next 7 ingredients in a 4-quart electric slow cooker; stir well. Cover with lid; cook on low-heat setting 8 hours or until pork is tender. Ladle chili into bowls; top with sour cream.
- ☐ Note: Dietary fiber is an important component of a healthy diet. And many high-fiber foods, like beans and bell pepper, are packed with beneficial vitamins and minerals. The above slow-cooker recipe is an easy way to get a good start on the daily recommended intake of 25 to 30 grams of fiber.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:10.21, Inflammation Score:-10, Nutrition Score:40.28391284528%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 500.54kcal (25.03%), Fat: 6.28g (9.66%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 66.27g (22.09%), Net Carbohydrates: 44.45g (16.16%), Sugar: 5.72g (6.35%), Cholesterol: 72.73mg (24.24%), Sodium: 832.96mg (36.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.21g (94.42%), Vitamin C: 72.78mg (88.22%), Fiber: 21.82g (87.29%), Folate: 339.68µg (84.92%), Vitamin B1: 1.1mg (73.07%), Vitamin B6: 1.32mg (66.09%), Phosphorus: 625.13mg (62.51%), Manganese: 1.21mg (60.63%), Magnesium: 208.16mg (52.04%), Selenium: 36.16µg (51.65%),

Potassium: 1637.79mg (46.79%), Vitamin B3: 9.34mg (46.69%), Iron: 6.39mg (35.5%), Zinc: 4.89mg (32.63%),  
Copper: 0.65mg (32.51%), Vitamin B2: 0.42mg (24.81%), Vitamin B5: 1.7mg (16.97%), Vitamin A: 831.93IU (16.64%),  
Calcium: 138.09mg (13.81%), Vitamin E: 1.84mg (12.24%), Vitamin B12: 0.62µg (10.36%), Vitamin K: 8.55µg (8.14%),  
Vitamin D: 0.45µg (3.02%)