



## Pork & Black Bean Chili

READY IN



42 min.

SERVINGS



42

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 slices oscar mayer bacon cut into 1/2-inch pieces
- 30 oz black beans drained canned
- 28 oz canned tomatoes undrained canned
- 0.5 cup knudsen cream sour
- 0.5 tsp ground pepper red (cayenne)
- 1 medium onion chopped
- 0.5 tsp paprika
- 1 plantains cut into 1/2-inch cubes
- 1.5 lb pork tenderloin cut into bite-size pieces

42 servings ritz crackers

## Equipment

bowl

sauce pan

## Directions

Cook onions and bacon in large saucepan on medium-high heat 5 min. or just until bacon is crisp, stirring occasionally.

Add tenderloin pieces; cook 8 min. or until evenly browned, stirring occasionally. Stir in pepper and paprika; cook 1 min.

Add beans and tomatoes; stir. Bring to boil. Reduce heat to low; cover. Simmer 10 min., stirring occasionally.

Add plantains; cook 5 min. or until heated through.

Spoon into eight bowls; top with sour cream.

Serve with the crackers.

## Nutrition Facts



■ PROTEIN 17.69% ■ FAT 37.47% ■ CARBS 44.84%

## Properties

Glycemic Index:2.67, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:6.8860869161461%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 147.55kcal (7.38%), Fat: 6.2g (9.54%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 14.43g (5.25%), Sugar: 3.09g (3.43%), Cholesterol: 14.22mg (4.74%), Sodium: 274.2mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.17%), Vitamin B1: 0.29mg (19.04%), Phosphorus: 119.84mg (11.98%), Vitamin B3: 2.37mg (11.87%), Vitamin B6: 0.2mg (9.85%), Vitamin K: 10.32µg (9.83%), Selenium: 6.83µg (9.76%), Manganese: 0.18mg (9.07%), Fiber: 2.26g (9.03%), Iron: 1.55mg (8.63%), Vitamin B2: 0.14mg (8.4%),

Folate: 27.96µg (6.99%), Potassium: 235.73mg (6.74%), Vitamin E: 0.87mg (5.79%), Copper: 0.11mg (5.7%), Magnesium: 20.81mg (5.2%), Calcium: 42.87mg (4.29%), Zinc: 0.62mg (4.14%), Vitamin C: 3.3mg (4.01%), Vitamin B5: 0.33mg (3.28%), Vitamin A: 130.6IU (2.61%), Vitamin B12: 0.11µg (1.76%)