



## Quick bean & chorizo chilli



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 100 g chorizo sliced
- ☐ 350 g tomato sauce fresh (we used Waitrose)
- ☐ 400 g kidney beans rinsed drained canned
- ☐ 400 g chickpeas rinsed drained canned
- ☐ 2 servings cream

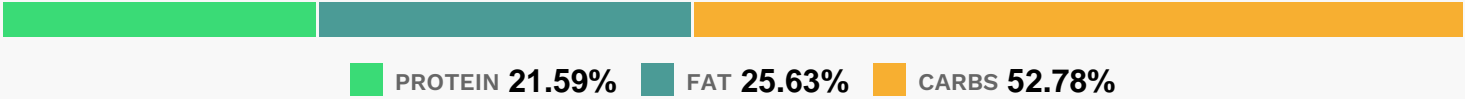
## Equipment

- ☐ frying pan

# Directions

☐ Dry-fry the chorizo for a few mins in a non-stick frying pan until crisp. Carefully pour off any fat from the pan, then tip in the sauce and beans with 100ml water. Bring to a simmer, cover, then lower the heat and bubble for 10 mins. Spoon over rice and serve with yogurt.

## Nutrition Facts



## Properties

Glycemic Index:75.38, Glycemic Load:23.12, Inflammation Score:-9, Nutrition Score:36.699565261602%

## Nutrients (% of daily need)

Calories: 698.61kcal (34.93%), Fat: 20.36g (31.32%), Saturated Fat: 6.43g (40.2%), Carbohydrates: 94.35g (31.45%), Net Carbohydrates: 65.92g (23.97%), Sugar: 19.94g (22.15%), Cholesterol: 38.33mg (12.78%), Sodium: 1359.72mg (59.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.59g (77.18%), Manganese: 2.83mg (141.53%), Fiber: 28.42g (113.7%), Folate: 412.47µg (103.12%), Iron: 10.93mg (60.74%), Phosphorus: 604.37mg (60.44%), Copper: 1.2mg (60.07%), Potassium: 1636.75mg (46.76%), Magnesium: 183.45mg (45.86%), Vitamin B1: 0.49mg (32.56%), Zinc: 4.72mg (31.5%), Vitamin B6: 0.61mg (30.72%), Vitamin B2: 0.39mg (23.17%), Vitamin E: 3.31mg (22.04%), Vitamin A: 1065.08IU (21.3%), Vitamin K: 21.28µg (20.27%), Vitamin C: 16.56mg (20.07%), Calcium: 192.62mg (19.26%), Vitamin B3: 3.79mg (18.93%), Selenium: 11.09µg (15.85%), Vitamin B5: 1.41mg (14.13%)