



Quick Vegetarian Chili With Avocado Salsa

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



297 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup avocado peeled finely chopped
- 15 ounce black beans drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 2 teaspoons canola oil
- 2 teaspoons chili powder
- 4.5 ounce to 2 chilies slit green
- 18 tortilla chips
- 1 tablespoon cilantro leaves fresh chopped

- 3 tablespoons cilantro leaves fresh chopped
- 3 garlic clove minced
- 1 teaspoon ground cumin
- 1 tablespoon jalapeno seeded finely chopped
- 1 tablespoon juice of lime fresh
- 6 lime wedges
- 6 tablespoons cream sour reduced-fat
- 1 cup onion chopped
- 2 tablespoons onion finely chopped
- 1 teaspoon oregano dried
- 0.7 cup quick-cooking barley uncooked
- 1 cup bell pepper red chopped
- 0.1 teaspoon salt
- 0.3 cup tomatoes seeded chopped
- 14.5 ounce vegetable stock canned
- 0.3 cup water

Equipment

- dutch oven

Directions

- Heat the oil in a Dutch oven over medium-high heat.
- Add onion and bell pepper; saut 3 minutes.
- Add chili powder and next 4 ingredients (chili powder through green chiles); cook 1 minute. Stir in barley and next 4 ingredients (barley through broth); bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until barley is tender. Stir in cilantro.
- Combine the last seven ingredients; toss mixture gently.
- Serve salsa immediately. Note: Store chili in an airtight container in the refrigerator for up to 2 days.

Nutrition Facts

PROTEIN 12.67% FAT 20.88% CARBS 66.45%

Properties

Glycemic Index:69.17, Glycemic Load:3.53, Inflammation Score:-9, Nutrition Score:20.323478034009%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 297.4kcal (14.87%), Fat: 7.32g (11.26%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 38.57g (14.03%), Sugar: 7.73g (8.59%), Cholesterol: 4.2mg (1.4%), Sodium: 813.78mg (35.38%), Alcohol: 0g (100%), Protein: 10g (19.99%), Vitamin C: 56.8mg (68.85%), Fiber: 13.85g (55.39%), Manganese: 0.75mg (37.39%), Vitamin A: 1468.82IU (29.38%), Folate: 91.73µg (22.93%), Copper: 0.44mg (22.09%), Potassium: 757.57mg (21.64%), Iron: 3.81mg (21.14%), Vitamin B6: 0.42mg (21.1%), Phosphorus: 210.81mg (21.08%), Magnesium: 80.65mg (20.16%), Vitamin B1: 0.26mg (17.58%), Vitamin E: 2.62mg (17.46%), Selenium: 11.17µg (15.96%), Vitamin B3: 3.12mg (15.61%), Vitamin K: 15.86µg (15.1%), Vitamin B2: 0.23mg (13.57%), Calcium: 112.41mg (11.24%), Zinc: 1.53mg (10.21%), Vitamin B5: 0.86mg (8.56%)