



 **23%**
HEALTH SCORE

Quick Vegetarian Chili with Avocado Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 18 baked tortilla chips
- 15 ounce black beans drained canned
- 4.5 ounce chilis green chopped canned
- 14.5 ounce canned tomatoes diced undrained canned
- 2 teaspoons canola oil
- 2 teaspoons chili powder
- 3 tablespoons cilantro leaves fresh chopped
- 3 garlic clove minced

- 1 teaspoon ground cumin
- 6 lime wedges
- 6 tablespoons cream sour reduced-fat
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 0.7 cup quick-cooking barley uncooked
- 1 cup bell pepper red chopped
- 6 servings salsa
- 14.5 ounce vegetable stock canned
- 0.3 cup water

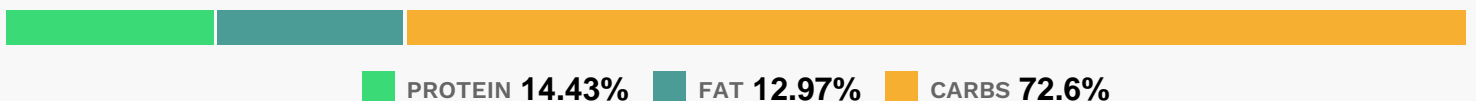
Equipment

- 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.
- Serve with sour cream, lime wedges, chips, and Avocado Salsa.
- Note: Store chili in an airtight container in the refrigerator for up to 2 days.
- (Totals include Avocado Salsa)

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:3.25, Inflammation Score:-9, Nutrition Score:20.261304252821%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 276.09kcal (13.8%), Fat: 4.22g (6.49%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 53.16g (17.72%), Net Carbohydrates: 40.16g (14.6%), Sugar: 7.64g (8.49%), Cholesterol: 4.2mg (1.4%), Sodium: 995.47mg (43.28%), Alcohol: Og (100%), Protein: 10.57g (21.13%), Vitamin C: 55.78mg (67.61%), Fiber: 13g (51.99%), Manganese: 0.75mg (37.46%), Vitamin A: 1538.33IU (30.77%), Folate: 91.88µg (22.97%), Iron: 4.12mg (22.9%), Vitamin B6: 0.45mg (22.49%), Potassium: 777.67mg (22.22%), Phosphorus: 221.27mg (22.13%), Copper: 0.43mg (21.6%), Magnesium: 82.01mg (20.5%), Vitamin B1: 0.27mg (17.97%), Selenium: 12.46µg (17.8%), Vitamin B3: 3.27mg (16.34%), Vitamin E: 2.36mg (15.73%), Vitamin B2: 0.25mg (14.43%), Calcium: 129.97mg (13%), Vitamin K: 11.36µg (10.82%), Zinc: 1.49mg (9.92%), Vitamin B5: 0.64mg (6.36%)