



Red Bean and Poblano Chili

 Vegetarian  Gluten Free

READY IN



380 min.

SERVINGS



6

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce beans red rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 2 teaspoons chili powder
- 0.3 cup cilantro leaves fresh minced
- 3 garlic cloves minced
- 0.8 cup green onions divided thinly sliced
- 1 teaspoon ground cumin
- 6 tablespoons cup heavy whipping cream sour reduced-fat

- 1 large orange bell pepper yellow chopped
- 2 teaspoons oregano dried
- 3 ounces pepper jack cheese shredded
- 1 poblano pepper seeded cut into thirds lengthwise
- 1 large onion red vertically sliced
- 0.5 teaspoon salt
- 2 tablespoons tomato paste
- 1 cup vegetable broth

Equipment

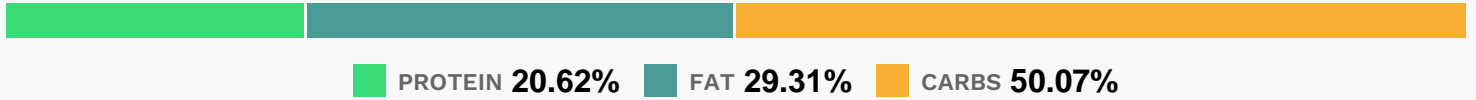
- bowl
- baking sheet
- aluminum foil
- broiler
- ziploc bags
- slow cooker

Directions

- Preheat broiler.
- Flatten poblano pepper with hands.
- Place on a foil-lined baking sheet; broil 4–6 inches from heat 4 minutes or until blackened and charred.
- Place in a zip-top heavy-duty plastic bag; seal.
- Let stand 15 minutes to allow skins to loosen. Peel and discard skins. Coarsely chop poblano pepper.
- Place poblano pepper and next 10 ingredients (through red onion) in an electric slow cooker. Cover and cook on LOW 6 hours or until vegetables are tender. Uncover, and stir in cilantro, tomato paste, and half of green onions.
- To serve, spoon chili into six serving bowls; top each serving with 1 tablespoon sour cream, 1 tablespoon green onions, and 2 tablespoons cheese.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.33, Glycemic Load:6.65, Inflammation Score:-9, Nutrition Score:18.48999963636%

Flavonoids

Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 184.6kcal (9.23%), Fat: 6.41g (9.86%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 17.2g (6.25%), Sugar: 8.2g (9.11%), Cholesterol: 16.82mg (5.61%), Sodium: 776.22mg (33.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Vitamin C: 63.54mg (77.02%), Vitamin K: 43.96µg (41.87%), Vitamin A: 1787.96IU (35.76%), Fiber: 7.43g (29.72%), Manganese: 0.53mg (26.64%), Calcium: 204.92mg (20.49%), Phosphorus: 201.32mg (20.13%), Potassium: 667.71mg (19.08%), Vitamin B6: 0.38mg (19.02%), Iron: 3.08mg (17.11%), Copper: 0.31mg (15.56%), Folate: 60.28µg (15.07%), Vitamin E: 2.16mg (14.41%), Magnesium: 56.45mg (14.11%), Vitamin B2: 0.22mg (12.86%), Vitamin B1: 0.19mg (12.44%), Vitamin B3: 1.97mg (9.83%), Zinc: 1.4mg (9.35%), Selenium: 4.5µg (6.43%), Vitamin B5: 0.48mg (4.84%), Vitamin B12: 0.17µg (2.8%)