



 **80%**
HEALTH SCORE

Red, Gold, Black And Green Chili

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings baked tortilla chips for serving
- 0.3 cup barley hulled cooked drained
- 2 bell pepper green chopped
- 1 teaspoon chili powder
- 6 servings chipotle chili powder
- 1.5 cups black beans cooked drained (1 can)
- 2 corn tortillas per person)
- 2 cups corn fresh

- 3 cloves garlic minced
- 1 teaspoon ground cumin
- 6 servings juice of lime fresh
- 3 cups onion chopped
- 1.5 cups kidney beans red cooked drained (1 can)
- 6 servings salt (if desired)
- 1 tablespoon all the tabasco sauce you handle (or other hot sauce)
- 3 cups tomatoes diced canned undrained
- 3 tablespoons water

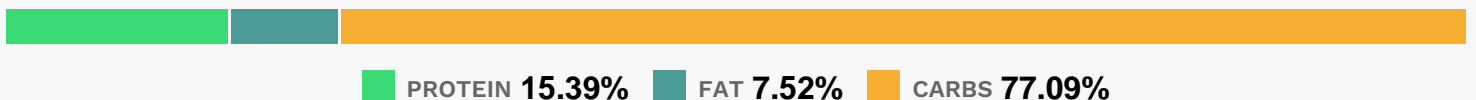
Equipment

- frying pan
- sauce pan

Directions

- Heat the 3 tbsp. water in a large saucepan. Sauté the onions until they are soft; then stir in the garlic, cumin, chili powder, Tabasco, and bell peppers and sauté for 2 to 3 minutes more.
- Add the tomatoes and beans to the pan and cook for about 10 minutes. Stir in the corn and the drained barley, adding some of the barley cooking liquid if chili appears too dry. Cover and simmer for a few minutes for the flavors to meld.
- Add salt to taste.
- Serve with limes to squeeze on at the table and crunchy baked tortilla chips. (This makes about 4 very large or 6 average-sized servings.)

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:9.72, Inflammation Score:-9, Nutrition Score:26.882608786873%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 20.91mg, Quercetin: 20.91mg, Quercetin: 20.91mg, Quercetin: 20.91mg

Nutrients (% of daily need)

Calories: 416.27kcal (20.81%), Fat: 3.71g (5.7%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 85.47g (28.49%), Net Carbohydrates: 68.87g (25.04%), Sugar: 8.41g (9.35%), Cholesterol: 0mg (0%), Sodium: 593.61mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.13%), Vitamin C: 64.65mg (78.36%), Fiber: 16.59g (66.37%), Manganese: 1.04mg (52.13%), Folate: 183.08µg (45.77%), Phosphorus: 383.45mg (38.35%), Magnesium: 147.43mg (36.86%), Vitamin B6: 0.68mg (34.24%), Vitamin B1: 0.5mg (33.38%), Potassium: 1138.71mg (32.53%), Iron: 5.66mg (31.43%), Copper: 0.5mg (25.05%), Vitamin A: 1039.8IU (20.8%), Vitamin B2: 0.34mg (20.13%), Vitamin B3: 3.6mg (17.99%), Zinc: 2.58mg (17.17%), Selenium: 11.52µg (16.46%), Calcium: 158.92mg (15.89%), Vitamin E: 2.26mg (15.07%), Vitamin K: 13.48µg (12.83%), Vitamin B5: 0.75mg (7.49%)