

sack

 71%  
HEALTH SCORE

## Sack Lunch: Black Bean Chili with Eggplant

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 28 ounce canned tomatoes drained chopped canned
- 3 ounces pepper flakes dried red
- 4 servings cilantro leaves coarsely chopped
- 2 cups black beans cooked
- 1.5 pounds eggplant stemmed unpeeled cut into 1-inch cubes
- 4 garlic clove minced
- 0.5 tablespoon ground coriander

- 0.5 teaspoon ground cumin
- 0.3 cup olive oil extra virgin extra-virgin
- 4 servings onion diced red finely
- 4 servings salt
- 4 servings brown rice cooked
- 3 cups water
- 4 servings cheddar cheese white grated

## Equipment

- bowl
- paper towels
- sauce pan
- sieve
- blender
- dutch oven

## Directions

- Put the eggplant cubes in a strainer and sprinkle generously with salt.
- Let stand for 1 hour and pat dry with paper towels.
- Simmer the chilies with the 3 cups water in a large saucepan for 20 minutes. Purée the chilies and the liquid in batches in a blender until very smooth. Force the puree through a fine sieve and discard any solid pieces.
- Heat the oil in a large, heavy Dutch oven over moderately high heat.
- Add eggplant and cook, stirring, until almost tender, about 4 minutes.
- Remove eggplant and set aside.
- Add onions and garlic to the same Dutch oven, adding more oil if necessary, and cook, stirring, for 4 minutes.
- Add tomatoes, ground coriander, cumin, bay leaf, eggplant, and chili puree and simmer 5 minutes.
- Add beans and simmer over moderate heat for 15 minutes. Season to taste with salt.

- Remove the bay leaf.
- Place in bowls and top with cheese, onions, and cilantro.

## Nutrition Facts

**PROTEIN 14.7%** **FAT 38.35%** **CARBS 46.95%**

### Properties

Glycemic Index:79.05, Glycemic Load:21.66, Inflammation Score:-9, Nutrition Score:35.349130723787%

### Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

### Nutrients (% of daily need)

Calories: 586.76kcal (29.34%), Fat: 26.11g (40.18%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 71.95g (23.98%), Net Carbohydrates: 53.14g (19.32%), Sugar: 16.04g (17.82%), Cholesterol: 30mg (10%), Sodium: 669.47mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.04%), Manganese: 2.33mg (116.33%), Fiber: 18.81g (75.23%), Vitamin C: 53.75mg (65.15%), Folate: 206.86µg (51.72%), Magnesium: 185.26mg (46.31%), Phosphorus: 455.1mg (45.51%), Copper: 0.84mg (42.17%), Potassium: 1471.57mg (42.04%), Vitamin B6: 0.81mg (40.68%), Vitamin B1: 0.56mg (37.2%), Vitamin E: 5.32mg (35.47%), Calcium: 349.1mg (34.91%), Iron: 5.97mg (33.18%), Vitamin B3: 5.59mg (27.94%), Vitamin K: 28.67µg (27.31%), Zinc: 3.63mg (24.2%), Vitamin B2: 0.39mg (22.68%), Vitamin A: 985.72IU (19.71%), Vitamin B5: 1.81mg (18.06%), Selenium: 11.94µg (17.06%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.18µg (1.2%)