



Smoky Chipotle Chili

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes diced drained canned
- ☐ 2 tablespoons chili powder
- ☐ 0.5 teaspoon chipotle chili powder to taste
- ☐ 2 tablespoons cilantro to garnish fresh chopped
- ☐ 0.8 cup corn kernels frozen
- ☐ 2 cups pinto beans dried
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.5 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 pound beef chuck steaks trimmed cut into bite-size pieces
- ☐ 1 cup onion coarsely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 3 cups water

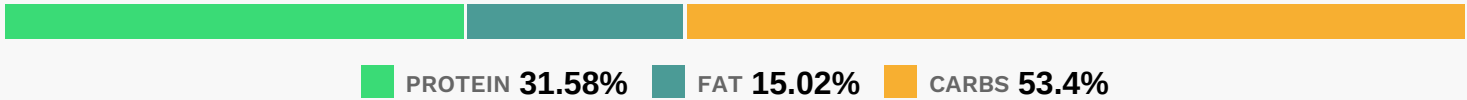
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Wash beans thoroughly, soak overnight, and drain.
- ☐ Place beans in slow cooker.
- ☐ Add water and next 7 ingredients.
- ☐ Cook on LOW for 6 hours, till beans are tender.
- ☐ Brown the meat well in a frying pan for 8 minutes. Stir in tomato paste and cook 1 minute. Then add the steak, peppers, corn, tomatoes, and salt to the beans, and cook an additional 30 minutes. If desired, add more chipotle chili powder for more heat.
- ☐ Garnish with low-fat sour cream, if desired, and the fresh chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:33.29, Glycemic Load:12.31, Inflammation Score:-9, Nutrition Score:32.226086935271%

Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin: 0.03mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 345.02kcal (17.25%), Fat: 5.99g (9.21%), Saturated Fat: 2.19g (13.72%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 35.35g (12.85%), Sugar: 7.06g (7.84%), Cholesterol: 44.71mg (14.9%), Sodium: 336.77mg (14.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.29mg (1.1%), Protein: 28.34g (56.67%), Folate: 318.27µg (79.57%), Fiber: 12.56g (50.24%), Zinc: 7.36mg (49.04%), Manganese: 0.96mg (47.79%), Selenium: 31.76µg (45.37%), Phosphorus: 424.96mg (42.5%), Vitamin C: 34.32mg (41.6%), Potassium: 1419.96mg (40.57%), Vitamin B6: 0.8mg (39.78%), Copper: 0.79mg (39.45%), Magnesium: 146.63mg (36.66%), Vitamin B1: 0.53mg (35.45%), Iron: 6.3mg (34.98%), Vitamin B12: 1.94µg (32.4%), Vitamin B3: 5.38mg (26.9%), Vitamin A: 1319.67IU (26.39%), Vitamin B2: 0.33mg (19.3%), Vitamin E: 2.36mg (15.75%), Vitamin B5: 1.25mg (12.5%), Vitamin K: 13.06µg (12.44%), Calcium: 120.89mg (12.09%)