



Spicy 3-Bean Chili



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



113 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 25 servings toppings: cilantro fresh shredded chopped reduced-fat
- ☐ 1 pound extra-lean ground beef
- ☐ 14.5 ounce chicken broth fat-free reduced-sodium canned
- ☐ 4 garlic cloves minced

- ☐ 8 ounce chiles diced green canned
- ☐ 2 teaspoons hot sauce
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 onions chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound pork loin chops boneless cut into bite-size pieces
- ☐ 0.3 teaspoon salt
- ☐ 1.1 ounce fajita seasoning

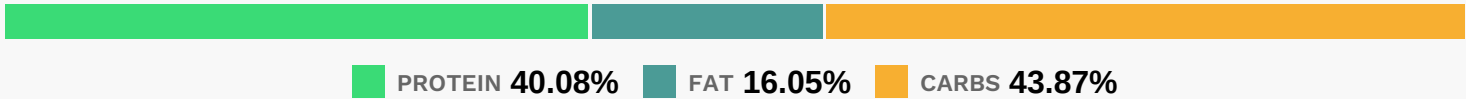
Equipment

- ☐ dutch oven

Directions

- ☐ Cook first 4 ingredients in a Dutch oven coated with cooking spray until beef crumbles and is no longer pink.
- ☐ Drain; return to Dutch oven.
- ☐ Add onions and garlic to Dutch oven, and cook 5 to 7 minutes or until onions are tender.
- ☐ Stir in black beans and next 8 ingredients. Bring to a boil; reduce heat, and simmer 30 to 40 minutes or until pork is tender.
- ☐ Serve with desired toppings.
- ☐ Note: For testing purposes only, we used McCormick Fajita Seasoning
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:2.55, Inflammation Score:-4, Nutrition Score:9.6586956822354%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 112.79kcal (5.64%), Fat: 2.06g (3.17%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 8.34g (3.03%), Sugar: 2.37g (2.63%), Cholesterol: 22.68mg (7.56%), Sodium: 353.03mg (15.35%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 11.57g (23.14%), Fiber: 4.33g (17.33%), Vitamin B6: 0.34mg (16.77%), Manganese: 0.29mg (14.75%), Phosphorus: 147.25mg (14.72%), Vitamin B3: 2.89mg (14.44%), Selenium: 9.34µg (13.35%), Iron: 2.37mg (13.19%), Potassium: 416.11mg (11.89%), Vitamin B1: 0.17mg (11.48%), Zinc: 1.7mg (11.31%), Vitamin K: 11.12µg (10.59%), Vitamin C: 8.19mg (9.93%), Copper: 0.19mg (9.25%), Magnesium: 36.89mg (9.22%), Vitamin B12: 0.53µg (8.86%), Folate: 33.88µg (8.47%), Vitamin B2: 0.13mg (7.68%), Calcium: 59.77mg (5.98%), Vitamin E: 0.81mg (5.41%), Vitamin B5: 0.47mg (4.72%), Vitamin A: 110.28IU (2.21%)