



Spicy Southwestern Black Bean Chili



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce black beans rinsed drained canned
- ☐ 2 tablespoons chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 large garlic clove finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup jalapeño seeded chopped
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 teaspoons olive oil

- ☐ 1 large onion chopped
- ☐ 128 ounces boxed roasted pepper and tomato soup red

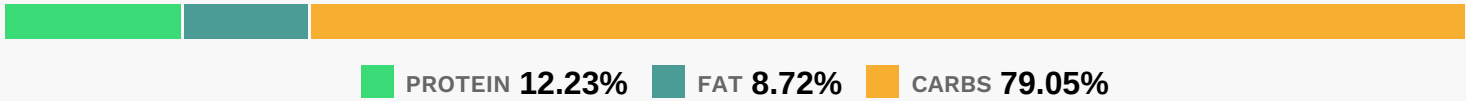
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat the oil in a large saucepan over medium-high heat; add the onion and jalapeo; cook, stirring until softened (about 3 minutes). Stir in the garlic, chili powder, and cumin; cook 1 minute. Stir in soup and black beans; simmer 5 minutes. Stir in the chopped cilantro. Ladle soup into bowls; top with 1 tablespoon of sour cream, avocado, and cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:47.88, Inflammation Score:-10, Nutrition Score:48.447826434737%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 871.93kcal (43.6%), Fat: 8.96g (13.79%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 182.94g (60.98%), Net Carbohydrates: 155.04g (56.38%), Sugar: 77.53g (86.14%), Cholesterol: 5.03mg (1.68%), Sodium: 4344.94mg (188.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.62%), Vitamin C: 153.12mg (185.6%), Potassium: 6011.28mg (171.75%), Fiber: 27.89g (111.58%), Vitamin A: 5115.3IU (102.31%), Manganese: 1.94mg (96.78%), Iron: 10.74mg (59.65%), Vitamin B6: 1.14mg (56.99%), Phosphorus: 561.57mg (56.16%), Magnesium: 220.7mg (55.18%), Vitamin B3: 9.99mg (49.95%), Vitamin B1: 0.74mg (49.06%), Copper: 0.95mg (47.58%), Selenium: 31.75µg (45.36%), Vitamin K: 41.99µg (39.99%), Vitamin E: 5.8mg (38.64%), Folate: 150.62µg (37.65%), Vitamin B2: 0.48mg

(28.5%), Calcium: 246.33mg (24.63%), Zinc: 3.2mg (21.31%), Vitamin B5: 0.57mg (5.67%), Vitamin B12: 0.06µg (1.01%)