



Three-Bean Chili

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz no-salt-added black beans drained canned
- 28 oz canned tomatoes crushed canned
- 1 tsp chili powder
- 0.5 cup knudsen cream light sour
- 0.3 cup cilantro leaves fresh chopped
- 1 tsp ground cumin
- 15 oz no-salt-added kidney beans red drained canned
- 15 oz no-salt-added pinto beans drained canned

- 16 oz taco bellâ® & chunky salsa thick
- 1 cup milk four cheese shredded 2% mexican style kraft finely

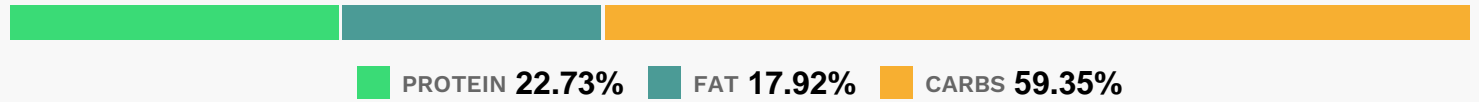
Equipment

- sauce pan

Directions

- Bring all ingredients except cheese, sour cream and cilantro to boil in saucepan, stirring occasionally. Simmer on medium-low heat 10 min., stirring occasionally.
- Serve topped with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.34, Glycemic Load:3.74, Inflammation Score:-5, Nutrition Score:9.8217391980731%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 133.25kcal (6.66%), Fat: 2.78g (4.27%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 14.14g (5.14%), Sugar: 2.78g (3.09%), Cholesterol: 8.69mg (2.9%), Sodium: 294.77mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.85%), Folate: 105.16µg (26.29%), Fiber: 6.56g (26.25%), Manganese: 0.4mg (19.95%), Phosphorus: 141.53mg (14.15%), Potassium: 450.98mg (12.89%), Iron: 2.27mg (12.63%), Magnesium: 49.04mg (12.26%), Vitamin B1: 0.18mg (11.97%), Copper: 0.24mg (11.79%), Vitamin B6: 0.22mg (11.24%), Calcium: 87.91mg (8.79%), Vitamin B2: 0.14mg (8.12%), Zinc: 1.08mg (7.22%), Vitamin E: 1.07mg (7.13%), Vitamin K: 6.52µg (6.21%), Vitamin A: 300.77IU (6.02%), Vitamin B3: 1.14mg (5.69%), Vitamin C: 4.62mg (5.6%), Selenium: 3.61µg (5.16%), Vitamin B5: 0.37mg (3.74%), Vitamin B12: 0.15µg (2.52%)