



 **38%**
HEALTH SCORE

Three-Bean Chili

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bell pepper green
- 0.3 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 15.5 ounce black beans rinsed drained canned
- 15.5 ounce garbanzo beans rinsed drained canned
- 15.5 ounce beans red rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 2 teaspoons chili powder

- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons ground cumin
- 6 tablespoons cream sour reduced-fat
- 2 teaspoons olive oil
- 1 cup onion
- 2 tablespoons tomato paste
- 14.5 ounce vegetable stock organic canned (such as Swanson Certified)
- 0.8 cup water
- 1 tablespoon cornmeal yellow

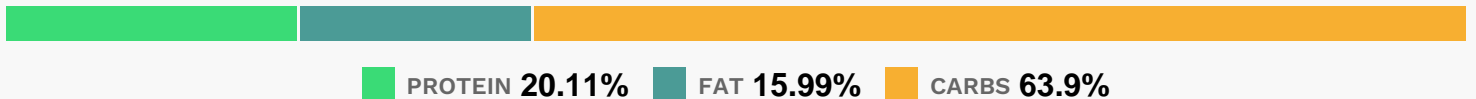
Equipment

- frying pan
- sauce pan

Directions

- Heat olive oil in a large saucepan over medium-high heat.
- Add onion, bell pepper, and garlic to pan; saut 3 minutes. Stir in 3/4 cup water and next 9 ingredients (through diced tomatoes); bring to a boil. Reduce heat, and simmer 8 minutes. Stir in cornmeal; cook 2 minutes.
- Remove from heat; stir in cilantro.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:70.81, Glycemic Load:9.96, Inflammation Score:-8, Nutrition Score:20.166521817446%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg,

Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 275.02kcal (13.75%), Fat: 5.13g (7.89%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 46.14g (15.38%), Net Carbohydrates: 31.26g (11.37%), Sugar: 7.17g (7.96%), Cholesterol: 4.2mg (1.4%), Sodium: 1104.55mg (48.02%), Alcohol: 0g (100%), Protein: 14.52g (29.04%), Manganese: 1.26mg (62.97%), Fiber: 14.88g (59.5%), Vitamin B6: 0.67mg (33.52%), Iron: 5.03mg (27.93%), Vitamin C: 22.93mg (27.79%), Copper: 0.55mg (27.72%), Phosphorus: 272.48mg (27.25%), Potassium: 903.93mg (25.83%), Folate: 100.5µg (25.12%), Magnesium: 94.67mg (23.67%), Vitamin B1: 0.3mg (19.8%), Vitamin A: 726.04IU (14.52%), Calcium: 135.25mg (13.53%), Vitamin B2: 0.23mg (13.52%), Zinc: 1.83mg (12.23%), Vitamin K: 12.11µg (11.53%), Vitamin E: 1.68mg (11.21%), Vitamin B3: 2.18mg (10.9%), Vitamin B5: 0.72mg (7.23%), Selenium: 4.94µg (7.06%)