



Three-Bean Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz chicken broth canned
- 1 cup onion chopped
- 2 cloves garlic finely chopped
- 2 medium tomatoes cut into 1/2-inch pieces (2 cups)
- 1 tablespoon oregano dried fresh chopped
- 2.5 teaspoons chili powder
- 15 oz chili beans sauce undrained canned
- 15 oz kidney beans dark red drained canned

- 15 oz garbanzo beans drained canned
- 2 tablespoons cilantro leaves fresh chopped

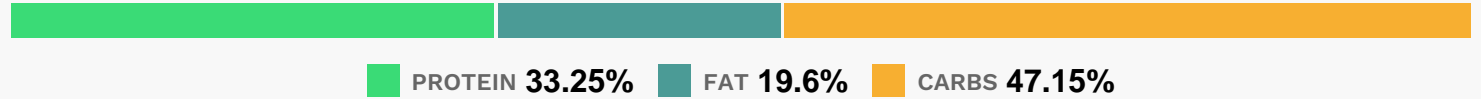
Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, heat 1/4 cup of the broth to boiling over medium-high heat. Cook onion and garlic in broth about 5 minutes, stirring occasionally, until onion is tender.
- Stir in remaining broth, tomatoes, oregano and chili powder.
- Heat to boiling; reduce heat to low. Cover; simmer 15 minutes, stirring occasionally.
- Stir in chili, kidney and garbanzo beans.
- Heat to boiling; reduce heat to low. Simmer uncovered 10 minutes, stirring occasionally.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:50.9, Glycemic Load:10.63, Inflammation Score:-10, Nutrition Score:33.147391202657%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 551.44kcal (27.57%), Fat: 12.11g (18.63%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 65.55g (21.85%), Net Carbohydrates: 46.12g (16.77%), Sugar: 9.39g (10.44%), Cholesterol: 49.61mg (16.54%), Sodium: 1572.51mg (68.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.23g (92.46%), Manganese: 1.61mg (80.4%), Fiber: 19.43g (77.72%), Vitamin B6: 1.26mg (63.07%), Phosphorus: 585.89mg (58.59%), Folate: 214.71µg (53.68%), Iron: 8.66mg (48.09%), Zinc: 6.76mg (45.04%), Potassium: 1463.07mg (41.8%), Copper: 0.81mg (40.73%), Magnesium:

159.67mg (39.92%), Selenium: 23.77µg (33.95%), Vitamin K: 26.39µg (25.14%), Vitamin A: 1122.94IU (22.46%),
Vitamin B2: 0.38mg (22.3%), Vitamin B3: 4.14mg (20.72%), Vitamin B1: 0.3mg (19.75%), Vitamin C: 15.13mg (18.34%),
Vitamin B12: 1µg (16.71%), Calcium: 156.11mg (15.61%), Vitamin E: 1.62mg (10.83%), Vitamin B5: 0.69mg (6.88%)