

Three-Bean Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz garbanzo beans drained canned
- ☐ 14 oz chicken broth canned
- ☐ 2.5 teaspoons chili powder
- ☐ 15 oz chili sauce undrained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup onion chopped
- ☐ 15 oz kidney beans dark red drained canned

☐ 2 medium tomatoes cut into 1/2-inch pieces (2 cups)

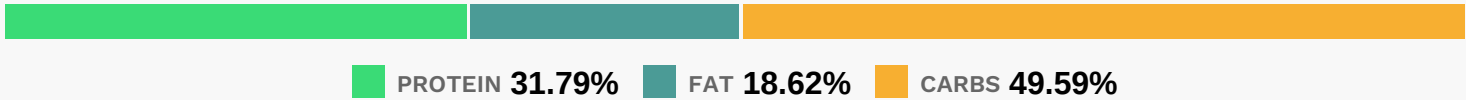
Equipment

☐ 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:49.65, Glycemic Load:10.61, Inflammation Score:-9, Nutrition Score:31.563478332499%

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: 542.81kcal (27.14%), Fat: 11.31g (17.4%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 67.78g (22.59%), Net Carbohydrates: 50.79g (18.47%), Sugar: 17.9g (19.89%), Cholesterol: 49.61mg (16.54%), Sodium: 2226.01mg (96.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.46g (86.92%), Manganese: 1.55mg (77.28%), Fiber: 16.99g (67.94%), Vitamin B6: 1.13mg (56.57%), Folate: 193.68µg (48.42%), Phosphorus: 475.6mg (47.56%), Iron: 7.07mg (39.27%), Potassium: 1362.27mg (38.92%), Vitamin C: 30.31mg (36.74%), Vitamin A: 1811.84IU (36.24%), Copper: 0.68mg (33.85%), Selenium: 23.5µg (33.57%), Zinc: 4.77mg (31.78%), Magnesium: 121.21mg (30.3%), Vitamin B3: 5.4mg (27.02%), Vitamin B1: 0.35mg (23.15%), Vitamin K: 23.73µg (22.6%), Vitamin E: 3.21mg (21.42%),

Vitamin B2: 0.29mg (16.91%), Vitamin B12: 0.99µg (16.54%), Calcium: 124.45mg (12.45%), Vitamin B5: 0.68mg (6.77%)