



HEALTH SCORE

65%

Three-Bean Christmas Chili



Vegetarian



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



28 oz canned tomatoes whole undrained canned



15 oz kidney beans dark red drained canned



15 oz garbanzo beans drained canned



15.5 oz butter beans drained canned



15 oz tomato sauce canned



3 small bell pepper red yellow cut into 1-inch pieces



1 jalapeno seeded chopped



1 tablespoons chili powder

- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup cream sour
- ☐ 3 tablespoons salsa thick
- ☐ 1 serving cilantro leaves fresh chopped

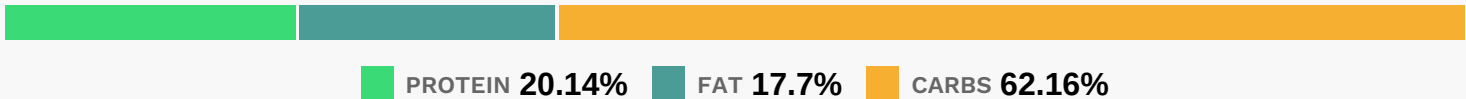
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Into 4-quart Dutch oven, pour can of tomatoes; break up tomatoes with spoon. Stir in remaining ingredients except sour cream, salsa and cilantro.
- ☐ Heat to boiling; reduce heat. Cover and simmer 30 to 35 minutes or until bell peppers are tender.
- ☐ In small bowl, mix sour cream and salsa.
- ☐ Serve chili with sour cream mixture.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:42.27, Glycemic Load:9.94, Inflammation Score:-9, Nutrition Score:27.835652224396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 307.15kcal (15.36%), Fat: 6.41g (9.86%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 50.62g (16.87%), Net Carbohydrates: 35.26g (12.82%), Sugar: 7.06g (7.85%), Cholesterol: 11.31mg (3.77%), Sodium: 1051.89mg (45.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.81%), Vitamin C: 89.24mg (108.17%), Manganese: 1.47mg (73.68%), Fiber: 15.36g (61.45%), Folate: 175.62µg (43.9%), Vitamin B6: 0.83mg (41.41%), Iron: 7.15mg (39.72%), Potassium: 1175.95mg (33.6%), Copper: 0.65mg (32.71%), Magnesium: 117.26mg (29.31%), Phosphorus: 289.89mg (28.99%), Vitamin A: 1134.65IU (22.69%), Vitamin B1: 0.28mg (18.56%), Vitamin E: 2.73mg (18.18%), Zinc: 2.3mg (15.34%), Vitamin B2: 0.26mg (15.06%), Vitamin B3: 2.99mg (14.95%), Calcium: 147.9mg (14.79%), Vitamin K: 14.46µg (13.77%), Vitamin B5: 1.1mg (10.96%), Selenium: 7.33µg (10.48%)