



Three-Bean Enchilada Chili

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



5

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion chopped
- 1 cup bell pepper green chopped
- 28 ounces canned tomatoes crushed undrained canned
- 15 ounces pinto beans rinsed drained canned
- 15 ounces kidney beans dark red rinsed drained canned
- 15 ounces black beans rinsed drained canned
- 10 ounces enchilada sauce canned ()

- 1 teaspoon oregano dried
- 1 serving tortilla chips
- 1 serving cheddar cheese shredded

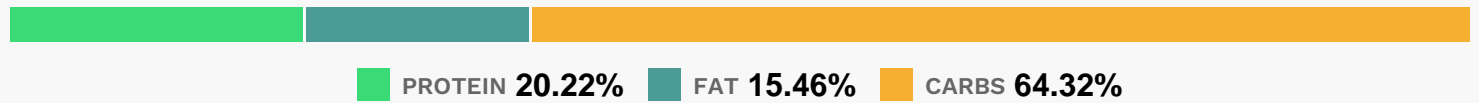
Equipment

- sauce pan

Directions

- Heat oil in 3-quart saucepan over medium-high heat. Cook onion and bell pepper in oil 5 minutes, stirring occasionally, until crisp-tender.
- Stir in remaining ingredients except tortilla chips and cheese.
- Heat to boiling; reduce heat to medium-low. Simmer uncovered 10 to 15 minutes, stirring occasionally.
- Sprinkle each serving with chips and cheese.

Nutrition Facts



Properties

Glycemic Index:36.66, Glycemic Load:12.19, Inflammation Score:-9, Nutrition Score:29.604782653244%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg

Nutrients (% of daily need)

Calories: 423.4kcal (21.17%), Fat: 7.61g (11.71%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 71.27g (23.76%), Net Carbohydrates: 49.69g (18.07%), Sugar: 14.06g (15.62%), Cholesterol: 6mg (2%), Sodium: 1317.24mg (57.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.81%), Fiber: 21.58g (86.31%), Manganese: 1.26mg (63.15%), Vitamin C: 45.99mg (55.74%), Folate: 215.43µg (53.86%), Iron: 8.18mg (45.45%), Copper: 0.84mg (41.98%), Potassium: 1423.31mg (40.67%), Phosphorus: 397.58mg (39.76%), Magnesium: 141.44mg (35.36%), Vitamin B1: 0.46mg (30.7%), Vitamin B6: 0.57mg (28.67%), Vitamin K: 28.48µg (27.12%), Calcium: 212.61mg (21.26%), Vitamin E: 3.15mg (21%), Vitamin A: 900.9IU (18.02%), Zinc: 2.68mg (17.84%), Vitamin B2: 0.3mg (17.47%), Vitamin

B3: 3.44mg (17.18%), Vitamin B5: 1.06mg (10.64%), Selenium: 5.2μg (7.43%), Vitamin B12: 0.06μg (1.06%)