



## Three-Bean Enchilada Chili

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



5

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

- 5 servings cheddar cheese shredded
- 5 servings tortilla chips
- 1 tablespoon vegetable oil

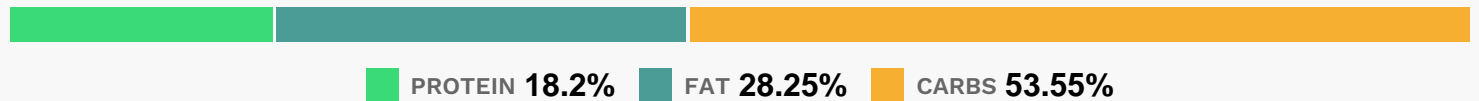
## Equipment

- 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:12.35, Inflammation Score:-9, Nutrition Score:34.456087330113%

## 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: 627.05kcal (31.35%), Fat: 20.41g (31.4%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 87.05g (29.02%), Net Carbohydrates: 64.26g (23.37%), Sugar: 14.31g (15.9%), Cholesterol: 30mg (10%), Sodium: 1547.67mg (67.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.17%), Fiber: 22.79g (91.15%), Manganese: 1.27mg (63.27%), Folate: 223.16µg (55.79%), Phosphorus: 557.9mg (55.79%), Vitamin C: 45.99mg (55.74%), Iron: 8.56mg (47.56%), Copper: 0.87mg (43.46%), Potassium: 1482.56mg (42.36%), Magnesium: 166.74mg (41.68%), Calcium: 406.04mg (40.6%), Vitamin B1: 0.5mg (33.25%), Vitamin K: 33.74µg (32.13%), Vitamin B6: 0.63mg (31.5%), Vitamin E: 4.12mg (27.47%), Zinc: 3.87mg (25.77%), Vitamin B2: 0.42mg (24.62%), Vitamin A: 1142.06IU (22.84%), Selenium:

12.98µg (18.54%), Vitamin B3: 3.64mg (18.18%), Vitamin B5: 1.43mg (14.29%), Vitamin B12: 0.32µg (5.3%), Vitamin D:  
0.18µg (1.2%)