



WHATSheATE



HEALTH SCORE

59%

Three-Bean Holiday Chili



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



15 oz butter beans drained canned



15 oz garbanzo beans drained canned (garbanzo beans)



19 oz beans red drained canned



28 oz canned tomatoes diced organic undrained canned



1 tablespoons chili powder



6 servings cilantro leaves fresh chopped



2 teaspoons ground cumin



1 jalapeno seeded chopped

- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons salsa
- ☐ 0.5 cup cream sour
- ☐ 15 oz tomato sauce organic canned
- ☐ 3 small bell pepper red yellow cut into 1-inch pieces

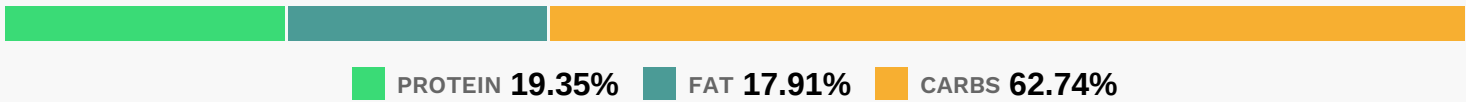
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, mix all ingredients except sour cream, salsa and cilantro.
- ☐ Heat to boiling, breaking up tomatoes. Reduce heat; cover and simmer 15 to 20 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:52.06, Glycemic Load:13.6, Inflammation Score:-9, Nutrition Score:28.535217365493%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 307.85kcal (15.39%), Fat: 6.57g (10.11%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 35.83g (13.03%), Sugar: 11.17g (12.41%), Cholesterol: 11.31mg (3.77%), Sodium: 1257.84mg (54.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.94%), Vitamin C: 89mg (107.87%),

Manganese: 1.53mg (76.44%), Fiber: 15.96g (63.82%), Vitamin B6: 0.86mg (43.23%), Copper: 0.76mg (38.07%), Iron: 6.58mg (36.57%), Potassium: 1257.89mg (35.94%), Magnesium: 123.3mg (30.83%), Phosphorus: 299.9mg (29.99%), Folate: 112.31µg (28.08%), Vitamin A: 1269.92IU (25.4%), Vitamin E: 3.48mg (23.2%), Vitamin B1: 0.3mg (19.91%), Vitamin B3: 3.69mg (18.47%), Vitamin B2: 0.27mg (15.91%), Calcium: 157.62mg (15.76%), Zinc: 2.26mg (15.04%), Vitamin K: 15.62µg (14.88%), Vitamin B5: 1.26mg (12.63%), Selenium: 8.03µg (11.47%)