



Three-Bean Vegetarian Chili



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce black beans rinsed drained canned
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 2 teaspoons chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup jalapeno seeded chopped (2 peppers)
- ☐ 15 ounce kidney beans rinsed drained canned

- ☐ 0.5 cup cream sour reduced-fat
- ☐ 2 ounces monterrey jack cheese shredded with jalapeño peppers (1/2 cup)
- ☐ 1 cup onion chopped
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups vegetable stock organic
- ☐ 2 teaspoons worcestershire sauce

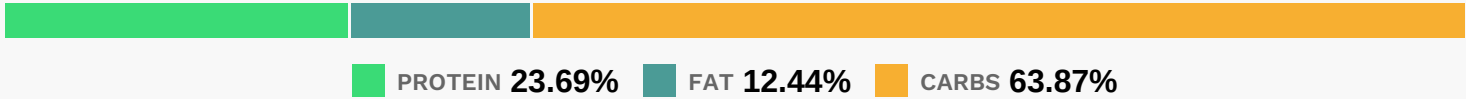
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Combine first 12 ingredients in a 6-quart electric slow cooker. Cover and cook on LOW for 8 hours.
- ☐ Ladle soup into bowls; top with sour cream, cheese, and cilantro.

Nutrition Facts



Properties

Glycemic Index:35.35, Glycemic Load:10.33, Inflammation Score:-9, Nutrition Score:25.194347950427%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

Nutrients (% of daily need)

Calories: 364.36kcal (18.22%), Fat: 5.21g (8.01%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 60.18g (20.06%), Net Carbohydrates: 40.51g (14.73%), Sugar: 4.47g (4.97%), Cholesterol: 11.34mg (3.78%), Sodium: 584.82mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.64%), Folate: 335.21µg (83.8%), Fiber: 19.67g (78.68%), Manganese: 1.12mg (55.75%), Phosphorus: 376.47mg (37.65%), Iron: 6.53mg (36.3%), Magnesium: 145.08mg (36.27%), Vitamin B1: 0.52mg (34.51%), Potassium: 1125.3mg (32.15%), Copper: 0.57mg (28.38%), Vitamin B6: 0.44mg (21.99%), Vitamin C: 16.17mg (19.6%), Calcium: 187.67mg (18.77%), Zinc: 2.81mg (18.71%), Vitamin B2: 0.25mg (14.42%), Vitamin K: 12.29µg (11.7%), Vitamin A: 558.07IU (11.16%), Vitamin E: 1.6mg (10.68%), Selenium: 7.14µg (10.2%), Vitamin B3: 1.92mg (9.61%), Vitamin B5: 0.67mg (6.67%), Vitamin B12: 0.12µg (1.99%)