



 **78%**  
HEALTH SCORE

## Venison, Sausage, and Black Bean Chili

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons ancho chile powder
- 15 ounce no-salt-added black beans rinsed drained canned
- 0.3 pound spicy chicken sausage
- 2 cups less-sodium chicken broth fat-free
- 3 garlic cloves minced
- 1 ounce goat cheese crumbled
- 0.5 teaspoon ground cumin
- 0.5 teaspoon kosher salt

- 2 cups onion chopped ( 2 medium)
- 1 cup plum tomatoes chopped ( 2 medium)
- 2 tablespoons tomato paste
- 1 pound loin of swordfish boneless trimmed cut into 1/2-inch pieces
- 1 cup water

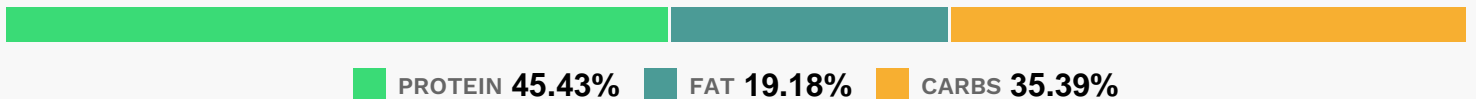
## Equipment

- frying pan
- dutch oven

## Directions

- Remove casings from sausage.
- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add sausage, onion, and garlic to pan; saut minutes or until onion is tender, stirring to crumble sausage.
- Add venison; cook 4 minutes or until venison is browned. Stir in tomato paste; cook 3 minutes, stirring occasionally.
- Add chicken broth and next 5 ingredients (through cumin), scraping pan to loosen browned bits; bring to a boil. Cover, reduce heat, and simmer 1 hour and 15 minutes or until venison is tender. Stir in black beans; cook 10 minutes or until thoroughly heated. Top each serving with crumbled goat cheese.
- Serve with jalapeo slices, if desired.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:7.79, Inflammation Score:-9, Nutrition Score:35.006956657638%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 16.62mg, Quercetin: 16.62mg, Quercetin: 16.62mg, Quercetin: 16.62mg

## **Nutrients (% of daily need)**

Calories: 455.15kcal (22.76%), Fat: 9.83g (15.12%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 27.71g (10.08%), Sugar: 6.81g (7.57%), Cholesterol: 112.86mg (37.62%), Sodium: 1275.41mg (55.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.4g (104.8%), Vitamin B3: 14.58mg (72.9%), Vitamin B6: 1.24mg (61.88%), Phosphorus: 554.3mg (55.43%), Fiber: 13.11g (52.45%), Iron: 8.87mg (49.28%), Folate: 196.84µg (49.21%), Vitamin B2: 0.78mg (45.95%), Vitamin B1: 0.67mg (44.62%), Manganese: 0.83mg (41.7%), Vitamin A: 1985.34IU (39.71%), Zinc: 5.9mg (39.32%), Vitamin B12: 2.32µg (38.59%), Potassium: 1294.27mg (36.98%), Copper: 0.71mg (35.35%), Magnesium: 136.61mg (34.15%), Selenium: 21.03µg (30.04%), Vitamin C: 16.92mg (20.51%), Vitamin E: 2.93mg (19.54%), Vitamin B5: 1.64mg (16.37%), Vitamin K: 11.67µg (11.12%), Calcium: 98.72mg (9.87%)