

 73%
HEALTH SCORE

White Bean and Hominy Chili



Vegetarian



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce .5 can cannellini beans white divided rinsed drained canned
- ☐ 2 teaspoons chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 15.5 ounce hominy white rinsed drained canned
- ☐ 8 lime wedges

- ☐ 4 ounce soy sausage finely chopped (such as Field Roast)
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 2 teaspoons hot sauce hot (such as Tabasco)
- ☐ 2 poblano pepper seeded chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups water
- ☐ 1.5 cups onion white chopped

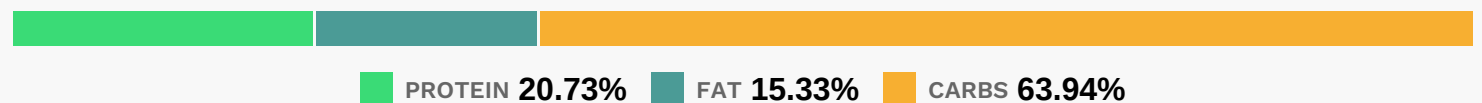
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Mash 2/3 cup beans with a fork.
- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add sausage, and saut for 4 minutes.
- ☐ Add onion, garlic, and poblanos; saut 6 minutes.
- ☐ Add chili powder and cumin; cook 30 seconds, stirring constantly.
- ☐ Add mashed beans, whole beans, 1 1/2 cups water, and the next 4 ingredients (through hominy). Bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until slightly thickened. Stir in green onions and cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:2.6, Inflammation Score:-10, Nutrition Score:30.682608459307%

Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.1mg, Quercetin: 14.1mg, Quercetin: 14.1mg, Quercetin: 14.1mg

Nutrients (% of daily need)

Calories: 376.13kcal (18.81%), Fat: 6.99g (10.75%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 65.54g (21.85%), Net Carbohydrates: 46.72g (16.99%), Sugar: 6.88g (7.65%), Cholesterol: 0mg (0%), Sodium: 1396.92mg (60.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.24g (42.49%), Vitamin B6: 16.07mg (803.55%), Vitamin B12: 31.5µg (524.94%), Vitamin B2: 6.37mg (374.78%), Vitamin C: 65.67mg (79.6%), Iron: 13.65mg (75.86%), Fiber: 18.82g (75.27%), Vitamin K: 30.73µg (29.27%), Calcium: 227.47mg (22.75%), Manganese: 0.43mg (21.66%), Vitamin A: 632.67IU (12.65%), Vitamin E: 1.75mg (11.67%), Magnesium: 43.97mg (10.99%), Zinc: 1.56mg (10.38%), Potassium: 351.09mg (10.03%), Phosphorus: 88.29mg (8.83%), Copper: 0.17mg (8.69%), Folate: 29.82µg (7.45%), Selenium: 4.42µg (6.32%), Vitamin B1: 0.09mg (6.18%), Vitamin B5: 0.43mg (4.31%), Vitamin B3: 0.76mg (3.79%)