



WHATSheATE



HEALTH SCORE

72%

Bob Evans® Favorite Chili



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 3 teaspoons chili powder
- ☐ 0.8 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound 1 pound bob evans® original recipe or zesty hot sausage roll hot bob evans®
- ☐ 0.8 cup onion diced
- ☐ 15 ounce kidney beans light red canned including liquid

☐ 0.8 cup water

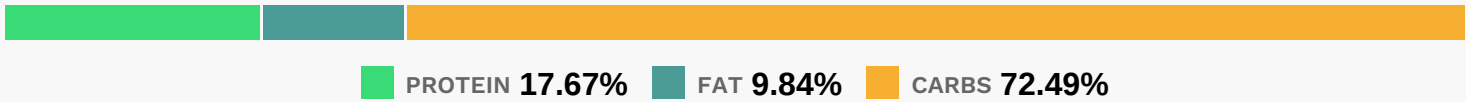
Equipment

☐ sauce pan

Directions

- ☐ In large saucepan over medium heat, crumble and cook sausage and onion until sausage is brown.
- ☐ Add chili powder, cumin and garlic and stir for 2 minutes.
- ☐ Add remaining ingredients and stir well. Bring to a boil, reduce heat to low and simmer for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:43.65, Inflammation Score:-9, Nutrition Score:32.949130566224%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg

Nutrients (% of daily need)

Calories: 529.76kcal (26.49%), Fat: 5.93g (9.13%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 98.37g (32.79%), Net Carbohydrates: 83.78g (30.46%), Sugar: 18.31g (20.34%), Cholesterol: 0mg (0%), Sodium: 1231.07mg (53.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.94%), Manganese: 1.52mg (76.12%), Folate: 274.16µg (68.54%), Vitamin B1: 0.91mg (60.77%), Fiber: 14.59g (58.36%), Iron: 10.06mg (55.88%), Selenium: 33.99µg (48.56%), Vitamin B3: 7.9mg (39.5%), Copper: 0.73mg (36.62%), Potassium: 1272.33mg (36.35%), Phosphorus: 345.11mg (34.51%), Vitamin B2: 0.55mg (32.1%), Magnesium: 118.36mg (29.59%), Vitamin B6: 0.54mg (26.81%), Vitamin C: 21.92mg (26.57%), Calcium: 261.16mg (26.12%), Vitamin E: 3.75mg (25.01%), Vitamin K: 24.53µg (23.36%), Vitamin A: 1134.11IU (22.68%), Zinc: 2.64mg (17.58%), Vitamin B5: 0.9mg (9.02%), Vitamin B12: 0.23µg (3.78%)