



BOCA Roasted Vegetable Vegan Chili

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



31 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz tomato sauce canned
- 15 oz chili beans sauce canned
- 2.5 cups eggplant cubed peeled
- 2 cloves garlic minced
- 2 Tbsp oil
- 0.3 cup onions red chopped
- 12 oz boca veggie ground crumbles frozen
- 1 bell pepper yellow chopped

1 baby squash yellow chopped

Equipment

frying pan

sauce pan

oven

Directions

Heat oven to 450F.

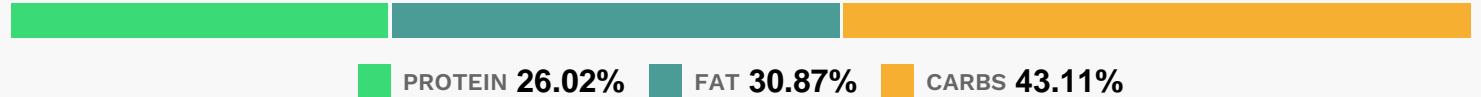
Combine vegetables, garlic and oil in 13x9-inch pan.

Bake 15 min. or until vegetables are golden brown, stirring occasionally.

Transfer to large saucepan. Stir in remaining ingredients; cover.

Cook on medium-high heat 10 min. or until crumbles are cooked through (160F), stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:3.0230434783127%

Flavonoids

Delphinidin: 3.9mg, Delphinidin: 3.9mg, Delphinidin: 3.9mg, Delphinidin: 3.9mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 30.62kcal (1.53%), Fat: 1.09g (1.68%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.31g (0.84%), Sugar: 1.21g (1.35%), Cholesterol: 0mg (0%), Sodium: 145.87mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin B12: 0.63µg (10.47%), Vitamin C: 6.62mg (8.03%), Vitamin B1: 0.1mg (6.95%), Vitamin B6: 0.12mg (5.79%), Vitamin B3: 1.08mg (5.4%), Fiber: 1.12g (4.48%), Iron: 0.7mg (3.9%), Phosphorus: 36.14mg (3.61%), Potassium: 114.16mg (3.26%), Vitamin B2: 0.04mg (2.56%), Copper: 0.04mg

(2.21%), Zinc: 0.32mg (2.14%), Vitamin E: 0.28mg (1.89%), Magnesium: 7.49mg (1.87%), Manganese: 0.03mg (1.74%), Folate: 6.43µg (1.61%), Vitamin A: 57.13IU (1.14%)