

Chantel's Vegetarian Chili

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounces beer
- 2 cans beans red (Kidney)
- 1.5 teaspoons ground pepper
- 2.5 tablespoons chili powder
- 1 teaspoon cocoa powder
- 0.5 tablespoon cornmeal
- 1.5 tablespoons cumin
- 1 teaspoon flour

- 4 cloves garlic pressed
- 2 tablespoons ground cinnamon
- 0.3 cup ground beef (I recomend something by Morning star)
- 1 jalapeno finely
- 0.3 cup olive oil
- 1 teaspoon oregano
- 2 tablespoons paprika
- 1 tablespoon vegetable cube
- 2 teaspoons sugar
- 8 ounces tomato sauce
- 1 teaspoon vanilla extract
- 2 teaspoons vinegar
- 1 cup water
- 1 medium onion white chopped
- 0.5 teaspoon pepper white

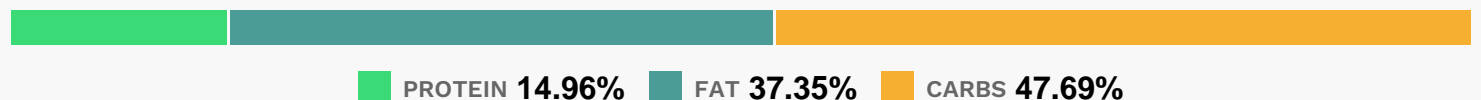
Equipment

- sauce pan

Directions

- Heat oil in large saucepan. When Boiling add the chopped jalepeno and onion. Cook until onions become clear.
- Add cumin, chili powder, paprika, cornmeal, sugar, oregano, cayenne pepper, ground cinnamon, white pepper, flour, cocoa, and broth seasoning. Cook until seasonings brown.
- Add all other ingredients. Cook for 15 minutes on high heat stirring constantly. Cover and let simmer on low heat for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:55.21, Glycemic Load:6.88, Inflammation Score:-9, Nutrition Score:11.978695653379%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 197.96kcal (9.9%), Fat: 8.11g (12.47%), Saturated Fat: 1.38g (8.66%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 15.46g (5.62%), Sugar: 4.37g (4.85%), Cholesterol: 3.99mg (1.33%), Sodium: 634.05mg (27.57%), Alcohol: 1.91g (100%), Alcohol %: 1.11% (100%), Protein: 7.31g (14.61%), Manganese: 0.72mg (36.18%), Fiber: 7.83g (31.34%), Vitamin A: 1540.56IU (30.81%), Vitamin E: 2.56mg (17.09%), Iron: 3.07mg (17.05%), Phosphorus: 142.19mg (14.22%), Potassium: 461.27mg (13.18%), Vitamin B6: 0.26mg (12.94%), Vitamin K: 13.3µg (12.67%), Magnesium: 48.05mg (12.01%), Copper: 0.23mg (11.47%), Vitamin B1: 0.13mg (8.96%), Vitamin B2: 0.15mg (8.6%), Folate: 34.02µg (8.5%), Vitamin B3: 1.68mg (8.4%), Zinc: 1.15mg (7.64%), Calcium: 76.33mg (7.63%), Vitamin C: 5.57mg (6.75%), Selenium: 3.23µg (4.62%), Vitamin B5: 0.32mg (3.25%), Vitamin B12: 0.13µg (2.16%)