



WHATSheATE



## Chickpea and Corn Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 ounces chickpeas drained and rinsed
- ☐ 1 tbsp chili powder
- ☐ 2 tsp cumin
- ☐ 15 ounces fire-roasted tomatoes diced
- ☐ 2 cups regular corn frozen
- ☐ 1 bell pepper diced whole green seeded
- ☐ 4 ounces chiles diced green
- ☐ 1 tbsp maple syrup pure

- ☐ 15 ounces cannelli beans drained and rinsed
- ☐ 1 large onion diced whole
- ☐ 0.3 tsp paprika
- ☐ 0.5 tsp salt
- ☐ 2 tbsp tomato paste
- ☐ 8 ounces tomato sauce
- ☐ 2 cups vegetable broth

## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a large pot, combine broth, tomatoes, chilis, onion, bell pepper, paprika, cumin and chili powder. Cover and bring to a boil, then reduce to low and simmer for an hour or until most, but not all of the liquid has cooked off and the onions are translucent and the green peppers tender. Ideally, you want a thin layer of liquid still coating your pan. If you're in a rush, don't worry -- you can cook it less you'll just have a soupy chili. Next, add the tomato paste, pure maple syrup and frozen corn. Reduce the heat to the lowest possible setting and heat thoroughly. Once corn is warm, add beans and tomato sauce plus salt and cayenne to taste. Then continue to heat over low heat until beans are warm, about 5 minutes.
- ☐ Garnish with cilantro leaves and add vegan shredded Monterary jack cheese or a dollop of vegan sour cream over top if desired.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber22gSugars18gProtein27g

## Nutrition Facts



 **PROTEIN 16.36%**  **FAT 9.41%**  **CARBS 74.23%**

Properties

Glycemic Index:69.56, Glycemic Load:11.15, Inflammation Score:-9, Nutrition Score:29.857391315958%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 395.87kcal (19.79%), Fat: 4.43g (6.82%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 78.67g (26.22%), Net Carbohydrates: 61.76g (22.46%), Sugar: 17.98g (19.97%), Cholesterol: 0mg (0%), Sodium: 1406.13mg (61.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.68%), Folate: 339.06µg (84.76%), Vitamin C: 67.47mg (81.78%), Manganese: 1.58mg (79.01%), Fiber: 16.91g (67.65%), Iron: 7.39mg (41.04%), Vitamin A: 1862.36IU (37.25%), Potassium: 1201.9mg (34.34%), Phosphorus: 340.99mg (34.1%), Magnesium: 132.68mg (33.17%), Copper: 0.65mg (32.46%), Vitamin B6: 0.53mg (26.46%), Zinc: 3.08mg (20.55%), Vitamin B1: 0.28mg (18.4%), Calcium: 179.41mg (17.94%), Vitamin B2: 0.29mg (17.32%), Vitamin E: 2.49mg (16.59%), Vitamin B3: 3.24mg (16.18%), Vitamin K: 11.39µg (10.84%), Selenium: 6.01µg (8.59%), Vitamin B5: 0.83mg (8.29%)