

 **90%**
HEALTH SCORE

Chili Mac

**Vegetarian****Vegan****Dairy Free****Very Healthy**

READY IN

**40 min.**

SERVINGS

**6**

CALORIES

**310 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



16 ounce kidney beans rinsed drained canned



15 ounce tomato sauce canned



4 teaspoons chili powder



0.3 teaspoon chipotle chili powder



10 ounces corn kernels frozen



2 cups elbow macaroni



5 cups kale thick (stems removed before slicing)



2 tablespoons nutritional yeast

- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 1.5 cups water

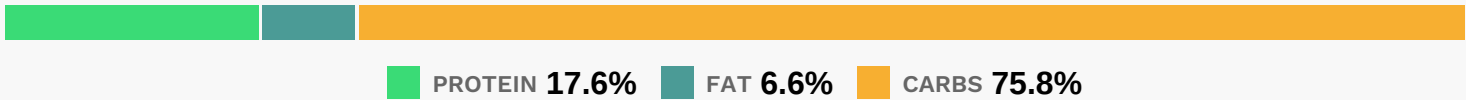
Equipment

- ☐ pot

Directions

- ☐ Drain. Sauté onion in a large non-stick pot until translucent.
- ☐ Add remaining ingredients, as well as cooked pasta. Simmer for 15 minutes, stirring occasionally.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:5.36, Inflammation Score:-10, Nutrition Score:21.380434533824%

Flavonoids

Isorhamnetin: 5.05mg, Isorhamnetin: 5.05mg, Isorhamnetin: 5.05mg, Isorhamnetin: 5.05mg Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 309.86kcal (15.49%), Fat: 2.35g (3.62%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 60.81g (20.27%), Net Carbohydrates: 51.15g (18.6%), Sugar: 8.28g (9.21%), Cholesterol: 0mg (0%), Sodium: 859.12mg (37.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.23%), Vitamin K: 74.95µg (71.38%), Vitamin A: 2496.8IU (49.94%), Manganese: 0.94mg (47.06%), Selenium: 31.57µg (45.1%), Fiber: 9.66g (38.62%), Vitamin C: 24.03mg (29.13%), Phosphorus: 228.4mg (22.84%), Potassium: 738.82mg (21.11%), Copper: 0.38mg (19.16%), Magnesium: 74.5mg (18.63%), Iron: 3.07mg (17.08%), Folate: 66.65µg (16.66%), Vitamin B6: 0.29mg (14.55%), Vitamin B2: 0.25mg (14.46%), Vitamin B3: 2.73mg (13.67%), Vitamin B1: 0.19mg (12.56%), Vitamin E: 1.79mg (11.93%), Zinc: 1.6mg (10.67%), Calcium: 98.3mg (9.83%), Vitamin B5: 0.74mg (7.37%)