



 **91%**
HEALTH SCORE

Christine's Vegetarian Chili

 **Gluten Free**  **Very Healthy**

READY IN



24 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans rinsed drained canned
- 28 ounce canned tomatoes diced undrained canned
- 30 ounce chili beans sauce undrained canned
- 1.7 ounce chili seasoning
- 15.3 ounce regular corn yellow rinsed drained canned
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 1 bell pepper green chopped

- 4 servings toppings: hot sauce shredded sour chopped
- 2 tablespoons olive oil
- 1 onion chopped
- 1 bell pepper red chopped
- 2 teaspoons worcestershire sauce

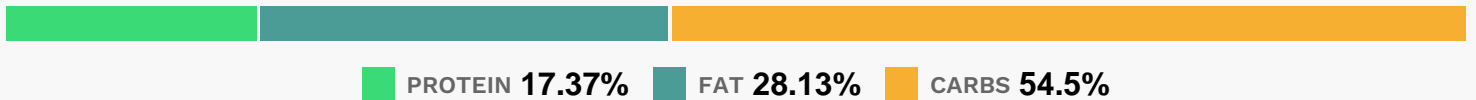
Equipment

- dutch oven

Directions

- Heat olive oil in a Dutch oven or soup pot over medium-high heat.
- Add onion and next 3 ingredients; saut 5 minutes or until tender.
- Stir in chili seasoning and next 5 ingredients. Cook 15 minutes or until heated through. Stir in parsley.
- Serve with toppings, if desired.
- Note: This is best made ahead (up to three days) so the flavors can meld; add parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:79.63, Glycemic Load:22.21, Inflammation Score:-10, Nutrition Score:52.585652548334%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 707.82kcal (35.39%), Fat: 23.63g (36.35%), Saturated Fat: 7.71g (48.2%), Carbohydrates: 103.02g (34.34%), Net Carbohydrates: 76.19g (27.71%), Sugar: 31.57g (35.08%), Cholesterol: 30mg (10%), Sodium: 2324.78mg (101.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.64%), Vitamin A: 8184.51IU (163.69%), Vitamin C: 96.33mg (116.76%), Fiber: 26.83g (107.32%), Vitamin B6: 1.59mg (79.62%), Phosphorus: 789mg (78.9%), Potassium: 2544.23mg (72.69%), Iron: 11.58mg (64.33%), Vitamin K: 67.39µg (64.18%), Copper: 1.25mg (62.64%), Manganese: 1.18mg (59.05%), Magnesium: 235.97mg (58.99%), Vitamin E: 8.39mg (55.93%), Zinc: 7.94mg (52.96%), Vitamin B2: 0.88mg (52%), Folate: 170.99µg (42.75%), Calcium: 427.29mg (42.73%), Vitamin B1: 0.55mg (36.54%), Vitamin B3: 7.29mg (36.43%), Vitamin B5: 2.15mg (21.47%), Selenium: 14.99µg (21.41%), Vitamin B12: 0.34µg (5.65%), Vitamin D: 0.18µg (1.2%)