



 **85%**  
HEALTH SCORE

## Chunky Vegetable Chili

 Vegetarian  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup bulgur uncooked
- 2 tablespoons chili powder
- 2 cloves garlic minced
- 0.5 cup bell pepper green chopped
- 2 teaspoons ground cumin
- 2 jalapeño peppers minced seeded
- 4.5 cups no-salt-added chicken broth undiluted canned divided
- 29 ounce no-salt-added stewed tomatoes canned

- 2 teaspoons olive oil
- 1 cup onion chopped
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 15 ounce no-salt-added pinto beans drained canned
- 2 cups potatoes diced peeled
- 0.5 teaspoon salt
- 0.3 cup no-salt-added tomato paste
- 1.5 cups water

## Equipment

- sauce pan
- dutch oven

## Directions

- Bring 1 cup chicken broth to a boil in a medium saucepan; add bulgur. Cover and let stand 10 minutes or until liquid is absorbed.
- Coat a Dutch oven with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add onion and next 3 ingredients; saute until tender.
- Add bulgur, remaining 3 1/2 cups chicken broth, water, and remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, 1 hour and 10 minutes or until thickened.

## Nutrition Facts



PROTEIN 19.03%  FAT 10.65%  CARBS 70.32%

## Properties

Glycemic Index:48.61, Glycemic Load:15.46, Inflammation Score:-9, Nutrition Score:22.176086788592%

## Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

## **Nutrients (% of daily need)**

Calories: 269.24kcal (13.46%), Fat: 3.42g (5.26%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 50.78g (16.93%), Net Carbohydrates: 38.06g (13.84%), Sugar: 6.45g (7.17%), Cholesterol: 0mg (0%), Sodium: 346.6mg (15.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.49%), Manganese: 1.08mg (53.91%), Fiber: 12.72g (50.9%), Vitamin C: 40.6mg (49.21%), Folate: 136.22µg (34.05%), Vitamin B6: 0.66mg (33.19%), Potassium: 1148.06mg (32.8%), Iron: 4.79mg (26.63%), Phosphorus: 265.24mg (26.52%), Vitamin B3: 5.23mg (26.14%), Copper: 0.5mg (24.95%), Magnesium: 97.82mg (24.46%), Vitamin A: 1053.49IU (21.07%), Vitamin E: 3.06mg (20.38%), Vitamin B1: 0.29mg (19.2%), Vitamin B2: 0.24mg (13.86%), Vitamin K: 13.8µg (13.14%), Calcium: 111.69mg (11.17%), Zinc: 1.64mg (10.92%), Selenium: 5.66µg (8.09%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.15µg (2.53%)