




 **95%**
HEALTH SCORE

Chunky Vegetable Chili


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




30 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 28 oz canned tomatoes with basil, undrained organic crushed canned
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 0.5 cup onion chopped
- 2 cups potatoes cubed
- 8 oz tomato sauce organic canned

0.5 cup bell pepper yellow chopped

1 cup zucchini cubed

Equipment

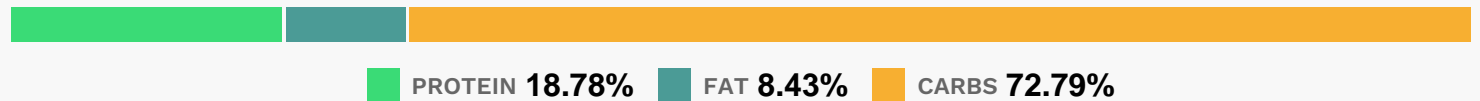
dutch oven

Directions

In 4-quart Dutch oven, heat all ingredients except zucchini to boiling, breaking up tomatoes and stirring occasionally. Reduce heat; cover and simmer 13 minutes.

Stir in zucchini. Cover; simmer 5 to 7 minutes or until zucchini is tender.

Nutrition Facts



Properties

Glycemic Index:63.52, Glycemic Load:22.88, Inflammation Score:-9, Nutrition Score:35.613912997038%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 374.07kcal (18.7%), Fat: 3.76g (5.78%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 72.99g (24.33%), Net Carbohydrates: 52.48g (19.08%), Sugar: 13.35g (14.83%), Cholesterol: 0mg (0%), Sodium: 1278.07mg (55.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.67%), Vitamin C: 87.15mg (105.63%), Manganese: 1.85mg (92.75%), Fiber: 20.51g (82.04%), Vitamin B6: 1.37mg (68.71%), Potassium: 1869.95mg (53.43%), Copper: 0.98mg (48.85%), Iron: 8.19mg (45.5%), Folate: 155.82µg (38.96%), Magnesium: 152.88mg (38.22%), Phosphorus: 369.07mg (36.91%), Vitamin B1: 0.47mg (31.05%), Vitamin A: 1393.47IU (27.87%), Vitamin E: 4.13mg (27.52%), Vitamin B3: 5.47mg (27.37%), Vitamin B2: 0.38mg (22.16%), Calcium: 185.29mg (18.53%), Zinc: 2.55mg (16.98%), Vitamin B5: 1.69mg (16.88%), Vitamin K: 17.65µg (16.81%), Selenium: 6.01µg (8.58%)