



Chunky Vegetarian Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon brown sugar
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1.5 tablespoons chili powder
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped

- ☐ 1 teaspoon ground cumin
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 32 ounce stewed tomatoes undrained canned
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup bell pepper yellow chopped

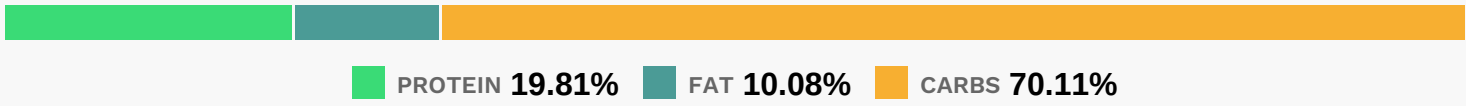
Equipment

- ☐ dutch oven

Directions

- ☐ Heat the oil in a Dutch oven over medium-high heat.
- ☐ Add onion, bell peppers, and garlic; saut 5 minutes or until tender.
- ☐ Add sugar and remaining ingredients, and bring to a boil. Reduce heat, and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:6.11, Inflammation Score:-8, Nutrition Score:19.64434772989%

Flavonoids

Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 261.24kcal (13.06%), Fat: 3.08g (4.73%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 32.81g (11.93%), Sugar: 9.02g (10.03%), Cholesterol: 0mg (0%), Sodium: 1110.44mg (48.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.21%), Fiber: 15.36g (61.42%), Vitamin C: 40.43mg

(49.01%), Manganese: 0.79mg (39.42%), Iron: 5.69mg (31.59%), Potassium: 985.09mg (28.15%), Copper: 0.55mg (27.53%), Folate: 109.15µg (27.29%), Phosphorus: 265.96mg (26.6%), Magnesium: 94.72mg (23.68%), Vitamin B1: 0.32mg (21.25%), Vitamin B6: 0.29mg (14.47%), Vitamin B2: 0.24mg (14.38%), Calcium: 141.83mg (14.18%), Vitamin A: 706.11IU (14.12%), Vitamin E: 2.06mg (13.76%), Vitamin K: 13.36µg (12.73%), Vitamin B3: 2.25mg (11.27%), Zinc: 1.58mg (10.56%), Vitamin B5: 0.56mg (5.64%), Selenium: 3.34µg (4.77%)