



## Corn Chili

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**273 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15 ounce kidney beans drained canned
- 15 ounce pinto beans drained canned
- 2 teaspoons chicken soup base
- 1 pound corn kernels frozen
- 1 teaspoon ground pepper
- 0.3 teaspoon ground pepper black
- 1 onion diced
- 2 teaspoons oregano dried

- 0.5 teaspoon salt
- 29 ounce stewed tomatoes mexican-style canned
- 2 tablespoons tomato paste
- 1.5 cups tomato sauce
- 2 tablespoons vegetable oil
- 1 cup water

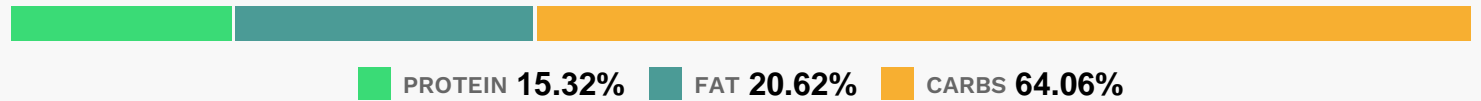
## Equipment

- pot

## Directions

- In a large pot, cook onion in oil over medium heat 1 minute. Stir in cayenne and oregano and cook 1 minute more. Stir in corn, tomatoes, pinto beans, kidney beans, chicken bouillon granules, water, salt, pepper, tomato sauce and tomato paste. Cook, uncovered, until heated through and slightly thickened, 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:47.17, Glycemic Load:8.72, Inflammation Score:-9, Nutrition Score:17.925217494935%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 273.1kcal (13.65%), Fat: 6.78g (10.43%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 35.61g (12.95%), Sugar: 14g (15.55%), Cholesterol: 0.09mg (0.03%), Sodium: 1517.58mg (65.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Fiber: 11.74g (46.97%), Manganese: 0.76mg (37.8%), Potassium: 1044.39mg (29.84%), Iron: 5.03mg (27.94%), Copper: 0.51mg (25.37%), Vitamin C: 20.19mg (24.47%), Phosphorus: 231.99mg (23.2%), Vitamin E: 3.33mg (22.23%), Vitamin K: 22.96µg (21.87%), Magnesium: 87.4mg (21.85%), Folate: 82.06µg (20.51%), Vitamin B3: 3.14mg (15.72%), Vitamin B1: 0.23mg (15.49%), Vitamin A:

767.12IU (15.34%), Vitamin B2: 0.24mg (13.92%), Vitamin B6: 0.27mg (13.5%), Calcium: 131.49mg (13.15%), Zinc: 1.54mg (10.29%), Vitamin B5: 0.84mg (8.44%), Selenium: 3.05µg (4.35%)