



 **59%**  
HEALTH SCORE

## Darcy's Veggie Chili

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon brown sugar
- 16 ounce kidney beans drained and rinsed canned
- 14.5 ounce canned tomatoes diced undrained canned
- 5 teaspoons chili powder
- 0.5 teaspoon coriander dried
- 3 garlic cloves chopped
- 1 cup bell pepper diced green ( 1 medium)
- 0.1 teaspoon ground allspice

- 0.1 teaspoon ground cloves
- 1 tablespoon ground cumin
- 1 jalapeno diced seeded
- 2 teaspoons olive oil
- 1.5 cups onion chopped ( 1 large)
- 1 tablespoon oregano dried
- 1 cup bell pepper diced red ( 1 medium)
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 3 tablespoons tomato paste
- 1.5 cups water

## Equipment

- bowl
- ladle
- ziploc bags
- microwave
- dutch oven

## Directions

- Heat olive oil in a Dutch oven over medium-high heat.
- Add onion and garlic, and saut 5 minutes.
- Add chili powder and next 7 ingredients (chili powder through jalapeo), and cook 1 minute.
- Add water and next 5 ingredients (water through tomatoes), and cook over medium heat for 15 minutes. Ladle soup into bowls, and top each serving with cheese.
- Note: This chili can be made ahead and frozen for up to 3 months. To freeze, let the chili cool completely in the refrigerator; place the chili in heavy-duty plastic bags, remove excess air, seal, and freeze. Thaw chili in the refrigerator. Cook over medium heat or in microwave until thoroughly heated.

## Nutrition Facts



■ PROTEIN 17.93% ■ FAT 25.34% ■ CARBS 56.73%

## Properties

Glycemic Index:79.5, Glycemic Load:10.73, Inflammation Score:-10, Nutrition Score:26.850434689418%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg

## Nutrients (% of daily need)

Calories: 283.35kcal (14.17%), Fat: 8.59g (13.22%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 30.65g (11.14%), Sugar: 16.47g (18.3%), Cholesterol: 14.17mg (4.72%), Sodium: 668.35mg (29.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Vitamin C: 100.17mg (121.42%), Vitamin A: 2671.97IU (53.44%), Fiber: 12.63g (50.52%), Manganese: 0.96mg (47.91%), Vitamin B6: 0.66mg (33.03%), Iron: 5.53mg (30.73%), Potassium: 1074.8mg (30.71%), Vitamin E: 4.32mg (28.8%), Phosphorus: 284.01mg (28.4%), Vitamin K: 29.27µg (27.88%), Copper: 0.53mg (26.41%), Calcium: 245.3mg (24.53%), Magnesium: 92.8mg (23.2%), Folate: 84.45µg (21.11%), Vitamin B1: 0.3mg (20.11%), Vitamin B2: 0.31mg (18.17%), Vitamin B3: 3.29mg (16.45%), Zinc: 2.08mg (13.84%), Selenium: 7.87µg (11.25%), Vitamin B5: 0.8mg (8%), Vitamin B12: 0.15µg (2.5%)