



Dump-And-Stir Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce canned tomatoes diced green undrained canned
- 30 ounce turkey chili without beans fat-free 99% canned
- 1 tablespoon chili powder
- 29 ounce no-salt-added tomatoes diced undrained canned
- 3 tablespoons onion instant minced
- 30 ounce no-salt-added pinto beans undrained canned

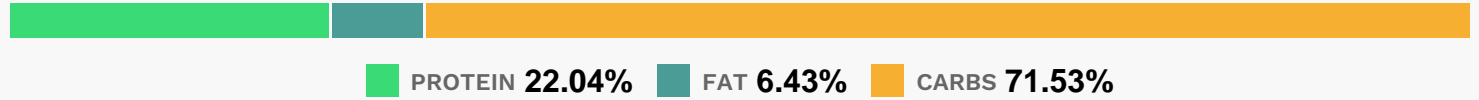
Equipment

- dutch oven

Directions

- Combine all ingredients in a large Dutch oven, and bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer an additional 10 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8.05, Glycemic Load:3.71, Inflammation Score:-7, Nutrition Score:16.314782562463%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 209.66kcal (10.48%), Fat: 1.55g (2.39%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 38.82g (12.94%), Net Carbohydrates: 27.08g (9.85%), Sugar: 7.4g (8.23%), Cholesterol: 0mg (0%), Sodium: 614.85mg (26.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.93%), Fiber: 11.74g (46.97%), Folate: 163.14µg (40.78%), Vitamin B6: 0.53mg (26.3%), Potassium: 919.21mg (26.26%), Phosphorus: 258.14mg (25.81%), Iron: 4.25mg (23.59%), Copper: 0.47mg (23.56%), Manganese: 0.47mg (23.54%), Magnesium: 88.18mg (22.05%), Zinc: 2.51mg (16.76%), Vitamin B1: 0.24mg (15.75%), Vitamin C: 11.46mg (13.89%), Vitamin E: 2mg (13.32%), Vitamin B2: 0.23mg (13.29%), Calcium: 94.49mg (9.45%), Selenium: 6.19µg (8.84%), Vitamin A: 367.82IU (7.36%), Vitamin B3: 1.46mg (7.29%), Vitamin K: 7.33µg (6.98%), Vitamin B5: 0.33mg (3.32%)