



Easy Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 stalk celery chopped
- ☐ 64 ounce chili beans sauce canned
- ☐ 2 teaspoons chili powder
- ☐ 5 cloves garlic crushed
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 8 servings salt and pepper to taste
- ☐ 8 ounces textured vegetable protein
- ☐ 4 cups water

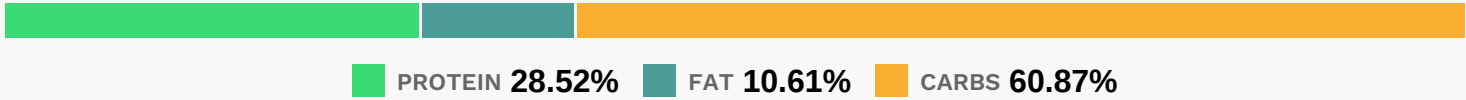
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan saute onion, garlic, celery and olive oil until onions are soft.
- ☐ Add to saucepan textured vegetable protein, chili beans, tomatoes, water, sugar, salt and pepper, and chili powder. Stir occasionally, let simmer for 30 minutes. The textured vegetable protein will expand when added to liquid.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:19.129999876022%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 361.88kcal (18.09%), Fat: 4.26g (6.56%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 55.04g (18.35%), Net Carbohydrates: 39.6g (14.4%), Sugar: 21.09g (23.43%), Cholesterol: 0mg (0%), Sodium: 1928.02mg (83.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.59%), Fiber: 15.44g (61.76%), Iron: 8.04mg (44.64%), Phosphorus: 375.39mg (37.54%), Vitamin B6: 0.74mg (37.23%), Copper: 0.7mg (35.19%), Potassium: 1225.53mg (35.02%), Zinc: 4.76mg (31.74%), Magnesium: 116.93mg (29.23%), Vitamin B2: 0.38mg (22.37%), Calcium: 192.04mg (19.2%), Folate: 70.29µg (17.57%), Vitamin C: 10.34mg (12.54%), Vitamin E: 1.58mg (10.53%), Vitamin B1: 0.14mg (9.44%), Manganese: 0.16mg (7.96%), Vitamin B3: 1.55mg (7.75%), Vitamin K: 6.76µg (6.44%), Vitamin A: 308.83IU (6.18%), Selenium: 3.75µg (5.36%), Vitamin B5: 0.19mg (1.92%)