



## Full-of-Veggies Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1.8 ounce chili seasoning texas-style
- ☐ 2 garlic cloves minced
- ☐ 1 large bell pepper diced green
- ☐ 12 ounce ground beef substitute
- ☐ 1 teaspoon sugar
- ☐ 1 large onion diced sweet

- ☐ 20 ounce tomato and chiles   diced green undrained canned
- ☐ 30 ounce no-salt-added tomato sauce   canned
- ☐ 2 tablespoons vegetable oil
- ☐ 11 ounce kernel corn   whole undrained canned
- ☐ 1 large zucchini   diced

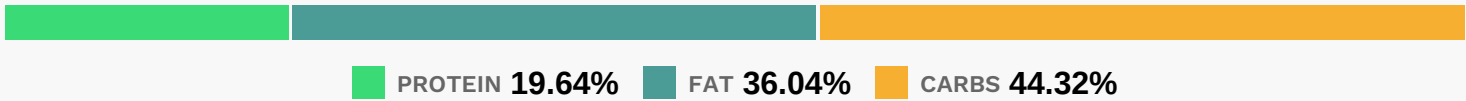
Equipment

- ☐ pot

Directions

- ☐ Saut first 3 ingredients in hot oil in a large stockpot over medium-high heat 5 minutes or until tender. Stir in beef substitute and remaining ingredients. Bring to a boil; reduce heat. Simmer, uncovered, stirring often, 20 minutes.
- ☐ NOTE: Chili may be frozen up to 3 months, if desired.

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:26.884782719871%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 341.88kcal (17.09%), Fat: 14.38g (22.12%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 39.77g (13.26%), Net Carbohydrates: 27.91g (10.15%), Sugar: 10.92g (12.13%), Cholesterol: 30.19mg (10.06%), Sodium: 957.56mg (41.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.24%), Vitamin A: 4264.38IU (85.29%), Vitamin C: 45.61mg (55.28%), Fiber: 11.86g (47.45%), Manganese: 0.75mg (37.63%), Potassium: 1289.07mg (36.83%), Vitamin B6: 0.67mg (33.72%), Iron: 5.57mg (30.92%), Vitamin E: 4.61mg (30.71%), Phosphorus: 286.43mg (28.64%), Folate: 103.98µg (25.99%), Vitamin B3: 5.01mg (25.06%), Copper: 0.49mg (24.74%), Magnesium:

95.67mg (23.92%), Vitamin K: 25.08µg (23.89%), Zinc: 3.31mg (22.08%), Vitamin B2: 0.35mg (20.75%), Vitamin B1: 0.25mg (16.45%), Vitamin B12: 0.91µg (15.17%), Selenium: 8.5µg (12.14%), Vitamin B5: 1.08mg (10.78%), Calcium: 106.34mg (10.63%)