



## Gold Rush Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



220 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 butternut squash peeled cut into 1/2-inch cubes
- 30 ounce beans drained canned (see note above)
- 30 ounce tomatoes diced canned
- 1 tablespoon chili powder
- 0.1 teaspoon chipotle chili powder to taste (or )
- 4 cloves garlic minced
- 3 spring onion sliced (for garnish)
- 1.3 teaspoons ground cumin

- 1 medium onion chopped
- 2 teaspoons oregano
- 1 bell pepper red chopped
- 6 servings pepper black freshly ground to taste
- 0.5 cup water

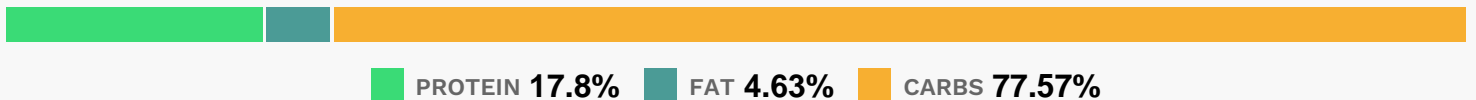
## Equipment

- bowl
- pot

## Directions

- Heat a large, non-stick pot over medium-high heat, and add the onion and bell pepper. Sauté until the onion is translucent and the pepper is soft, about 7–9 minutes. (You may add a little water to prevent sticking.)
- Add the garlic and sauté for 2 more minutes.
- Add all the seasonings, and stir well to coat the vegetables. Stir in the tomatoes (and their juice), water, squash, salt, and pepper. Cover and reduce the heat to a simmer. Cook for 20 minutes.
- Add the beans, and adjust the seasonings, if necessary. Cover and cook until the squash is tender but not falling apart (about 40 minutes).
- Serve in bowls, garnished with green onions.

## Nutrition Facts



## Properties

Glycemic Index:35.83, Glycemic Load:7.96, Inflammation Score:-10, Nutrition Score:27.416521777277%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

## Nutrients (% of daily need)

Calories: 220.01kcal (11%), Fat: 1.24g (1.91%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 33.52g (12.19%), Sugar: 10.65g (11.84%), Cholesterol: 0mg (0%), Sodium: 597.82mg (25.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Vitamin A: 14559.56IU (291.19%), Vitamin C: 69.12mg (83.78%), Fiber: 13.19g (52.75%), Manganese: 0.95mg (47.32%), Potassium: 1212.22mg (34.63%), Vitamin B6: 0.61mg (30.46%), Vitamin K: 30.58µg (29.12%), Magnesium: 112.27mg (28.07%), Iron: 5.04mg (27.99%), Vitamin E: 3.8mg (25.37%), Folate: 100.47µg (25.12%), Vitamin B1: 0.37mg (24.85%), Phosphorus: 241.54mg (24.15%), Copper: 0.44mg (22.19%), Vitamin B3: 3.68mg (18.41%), Calcium: 178.69mg (17.87%), Vitamin B2: 0.24mg (14.4%), Zinc: 1.49mg (9.95%), Vitamin B5: 0.97mg (9.73%), Selenium: 3.09µg (4.42%)