



 **98%**  
HEALTH SCORE

## Idaho Chili Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**274 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

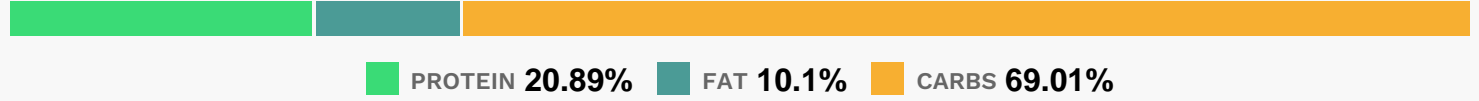
## Ingredients

- 1 teaspoon beef bouillon
- 19 ounce garbanzo beans undrained canned (chickpeas)
- 1 medium carrots cut into 1 strips
- 2 teaspoons chili powder
- 1 tablespoon dehydrated onion dried minced
- 1 medium potatoes peeled chopped
- 0.5 cup lentils dried red rinsed drained
- 2 cups sacramento tomato juice

1 cup water

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:56.71, Glycemic Load:15.33, Inflammation Score:-10, Nutrition Score:25.682608695652%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 274.08kcal (13.7%), Fat: 3.2g (4.93%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 49.22g (16.41%), Net Carbohydrates: 33.89g (12.32%), Sugar: 6.54g (7.27%), Cholesterol: 0.05mg (0.02%), Sodium: 551.19mg (23.96%), Protein: 14.9g (29.79%), Manganese: 1.63mg (81.29%), Vitamin A: 3421.18IU (68.42%), Fiber: 15.34g (61.34%), Vitamin B6: 1.11mg (55.67%), Folate: 179.67µg (44.92%), Vitamin C: 35.69mg (43.27%), Potassium: 1002.01mg (28.63%), Phosphorus: 275.15mg (27.52%), Iron: 4.53mg (25.19%), Copper: 0.49mg (24.3%), Vitamin B1: 0.36mg (23.89%), Magnesium: 94.74mg (23.68%), Zinc: 2.45mg (16.34%), Vitamin B5: 1.41mg (14.15%), Vitamin B3: 2.44mg (12.2%), Calcium: 91.89mg (9.19%), Vitamin B2: 0.14mg (8.42%), Selenium: 5.5µg (7.86%), Vitamin K: 8.06µg (7.68%), Vitamin E: 1mg (6.66%)