



Jane's Vegetarian Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 2 tablespoons chili powder
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon olive oil

- ☐ 2 cups onion chopped
- ☐ 2 tablespoons sugar
- ☐ 6 ounce tomato paste canned
- ☐ 4 cups water divided
- ☐ 2 tablespoons worcestershire sauce

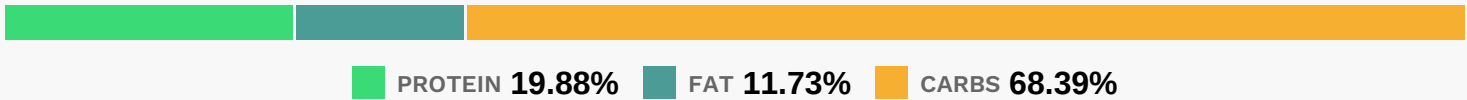
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Add 3 cups water and next 8 ingredients (through cannellini beans), stirring to combine.
- ☐ Combine remaining cup of water and tomato paste in a bowl, stirring with a whisk until blended. Stir tomato paste mixture into bean mixture. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated. Ladle soup into bowls. Top with cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:36.05, Glycemic Load:10.99, Inflammation Score:-8, Nutrition Score:20.54782608281%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 282.28kcal (14.11%), Fat: 3.87g (5.95%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 50.68g (16.89%), Net Carbohydrates: 36.23g (13.17%), Sugar: 9.8g (10.89%), Cholesterol: 0mg (0%), Sodium: 766.57mg (33.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.46%), Manganese: 1.24mg (62.12%), Fiber: 14.45g (57.82%), Iron: 6mg (33.36%), Vitamin B6: 0.62mg (31.19%), Potassium: 1029.92mg (29.43%), Folate: 116.35µg (29.09%), Copper: 0.57mg (28.61%), Phosphorus: 257.49mg (25.75%), Magnesium: 102.85mg (25.71%), Vitamin C: 17.31mg (20.98%), Vitamin B1: 0.29mg (19.57%), Vitamin E: 2.45mg (16.33%), Calcium: 159.7mg (15.97%), Vitamin A: 773.58IU (15.47%), Vitamin B2: 0.23mg (13.71%), Zinc: 2.02mg (13.46%), Vitamin K: 11.32µg (10.78%), Vitamin B3: 2.04mg (10.18%), Vitamin B5: 0.69mg (6.9%), Selenium: 4.32µg (6.17%)