

Lentil Chili II



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



12

CALORIES



73 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 servings pepper black to taste
- ☐ 1 tablespoon butter
- ☐ 14.5 ounce canned tomatoes crushed canned
- ☐ 2 cups carrots sliced
- ☐ 2 cups celery sliced
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon cumin
- ☐ 1 bulb garlic cloves chopped

- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion chopped
- ☐ 1 dash paprika
- ☐ 12 servings salt to taste
- ☐ 6 ounce tomato paste canned
- ☐ 2 quarts water

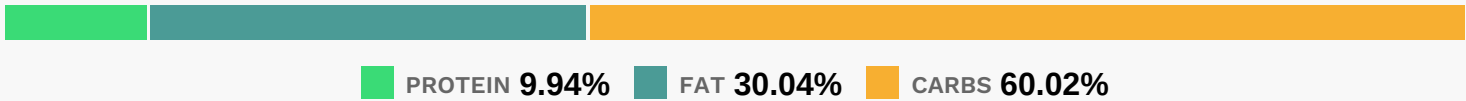
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil and melt the butter in a large pot over low heat. Stir in onion and garlic, and cook until tender.
- ☐ Mix in lentils, tomato paste, and crushed tomatoes.
- ☐ Pour in the water. Season chili with chili powder, cumin, paprika, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes, stirring occasionally.
- ☐ Mix carrots and celery into the chili. Continue cooking 20 minutes over low heat, until lentils, carrots, and celery are tender.

Nutrition Facts



Properties

Glycemic Index:26.15, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:9.9573913202824%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

Nutrients (% of daily need)

Calories: 72.89kcal (3.64%), Fat: 2.69g (4.14%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 8.85g (3.22%), Sugar: 5.74g (6.38%), Cholesterol: 2.51mg (0.84%), Sodium: 326.22mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin A: 4180.23IU (83.6%), Manganese: 0.26mg (13.11%), Fiber: 3.24g (12.97%), Vitamin C: 10.31mg (12.5%), Vitamin K: 12.92µg (12.31%), Vitamin B6: 0.21mg (10.61%), Potassium: 369.59mg (10.56%), Vitamin E: 1.53mg (10.17%), Copper: 0.17mg (8.51%), Iron: 1.43mg (7.92%), Folate: 27.03µg (6.76%), Magnesium: 25.1mg (6.28%), Calcium: 57.62mg (5.76%), Vitamin B1: 0.09mg (5.71%), Vitamin B3: 1.1mg (5.5%), Phosphorus: 49.81mg (4.98%), Vitamin B2: 0.08mg (4.51%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.4mg (2.65%), Selenium: 1µg (1.42%)