



Lucie's Vegetarian Chili

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



257 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup bulgur wheat
- 2 tablespoons chile peppers green canned chopped to taste
- 20 ounce kidney beans undrained canned
- 1 cup carrots chopped
- 0.8 cup celery chopped
- 2 tablespoons chili powder
- 0.8 teaspoon basil dried
- 0.3 cup cooking wine dry red

- 1 tablespoon garlic minced
- 1 cup bell pepper green chopped
- 1 tablespoon ground cumin
- 0.5 teaspoon ground pepper black
- 2 tablespoons juice of lemon
- 2 cups mushrooms chopped
- 0.3 cup olive oil
- 2 cups onion chopped
- 0.5 teaspoon pepper sauce hot tabasco® (such as)
- 0.3 teaspoon pepper flakes red crushed
- 2 teaspoons salt
- 2 cups sacramento tomato juice
- 3 tablespoons tomato paste
- 2 cups tomatoes chopped
- 1 tablespoon worcestershire sauce

Equipment

- pot

Directions

- Heat the olive oil in a large pot over high heat. Stir in the onion, celery, green bell pepper, carrot, garlic, mushrooms, red pepper flakes, cumin, chili powder, basil, salt, and pepper. Cook and stir until the vegetables begin to soften, about 2 minutes. Stir in the tomato juice, bulgur wheat, chopped tomatoes, kidney beans, hot pepper sauce, lemon juice, tomato paste, Worcestershire sauce, red wine, and green chile peppers. Bring to a boil, stirring frequently. Reduce heat to medium-low, and simmer, uncovered, 20 minutes before serving.

Nutrition Facts



■ PROTEIN 12.6% ■ FAT 34.35% ■ CARBS 53.05%

Properties

Glycemic Index:53.52, Glycemic Load:10.3, Inflammation Score:-10, Nutrition Score:20.821739319874%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg

Nutrients (% of daily need)

Calories: 256.85kcal (12.84%), Fat: 10.27g (15.79%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 25.79g (9.38%), Sugar: 9.23g (10.25%), Cholesterol: 0mg (0%), Sodium: 927.04mg (40.31%), Alcohol: 0.79g (100%), Alcohol %: 0.3% (100%), Protein: 8.47g (16.95%), Vitamin A: 4091.IIU (81.82%), Vitamin C: 41.36mg (50.13%), Manganese: 0.93mg (46.58%), Fiber: 9.89g (39.56%), Potassium: 856.89mg (24.48%), Vitamin K: 24.1µg (22.95%), Vitamin B6: 0.42mg (21.13%), Vitamin E: 3.01mg (20.09%), Phosphorus: 197.12mg (19.71%), Copper: 0.38mg (19.15%), Magnesium: 74.7mg (18.67%), Iron: 3.27mg (18.19%), Vitamin B3: 3.35mg (16.77%), Folate: 64.37µg (16.09%), Vitamin B1: 0.23mg (15.16%), Vitamin B2: 0.25mg (14.93%), Vitamin B5: 0.95mg (9.52%), Zinc: 1.31mg (8.72%), Calcium: 80.53mg (8.05%), Selenium: 4.71µg (6.72%)