



Meaty" Meatless Double-Bean Chili

 Gluten Free

READY IN



34 min.

SERVINGS



10

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2.5 ounce olives black drained sliced canned
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 29 ounce tomatoes diced chili-style undrained canned
- ☐ 4 ounces preshredded cheddar cheese reduced-fat
- ☐ 1 teaspoon chili powder
- ☐ 2 chipotle chilies in adobo sauce canned minced drained
- ☐ 4 garlic cloves minced

- ☐ 0.5 cup green onions sliced
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 15 ounce kidney beans dark red rinsed drained canned
- ☐ 12 ounce recipe crumbles burger-style
- ☐ 6 ounce tomato paste canned
- ☐ 2 cups water

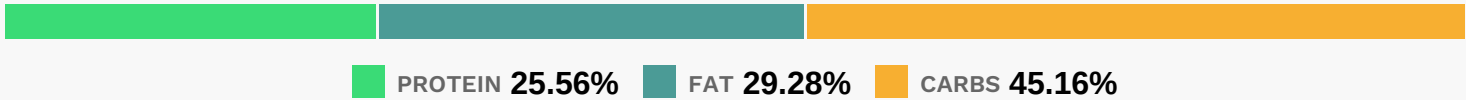
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion; cook 5 minutes, stirring frequently.
- ☐ Add garlic and next 3 ingredients; cook 1 minute.
- ☐ Add recipe crumbles and next 7 ingredients, stirring well; bring to a boil. Reduce heat to low; simmer, uncovered, 15 minutes, stirring frequently. Discard bay leaf.
- ☐ Spoon chili into individual bowls. Top each serving with green onions, olives, and cheese.

Nutrition Facts



Properties

Glycemic Index:19.53, Glycemic Load:3.33, Inflammation Score:-7, Nutrition Score:19.565652253835%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg

Nutrients (% of daily need)

Calories: 248.73kcal (12.44%), Fat: 8.42g (12.96%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 18.99g (6.9%), Sugar: 5g (5.56%), Cholesterol: 11.34mg (3.78%), Sodium: 642.53mg (27.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.09%), Vitamin B12: 2.94µg (49.06%), Vitamin B1: 0.62mg (41.5%), Fiber: 10.24g (40.95%), Iron: 5.39mg (29.92%), Vitamin B3: 5.39mg (26.93%), Vitamin B6: 0.54mg (26.85%), Phosphorus: 262.84mg (26.28%), Folate: 102.49µg (25.62%), Manganese: 0.49mg (24.38%), Vitamin K: 20.04µg (19.08%), Potassium: 658.15mg (18.8%), Vitamin C: 14.58mg (17.67%), Calcium: 162.28mg (16.23%), Copper: 0.32mg (15.87%), Vitamin B2: 0.26mg (15.44%), Magnesium: 56.86mg (14.22%), Zinc: 1.76mg (11.7%), Vitamin E: 1.5mg (9.97%), Vitamin A: 392.55IU (7.85%), Selenium: 4.94µg (7.06%), Vitamin B5: 0.42mg (4.18%)