



Pumpkin Pineapple Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



312 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce black beans rinsed drained canned
- 14 ounce coconut milk canned
- 15 ounce regular corn drained canned
- 29 ounce tomatoes diced undrained canned
- 15 ounce pumpkin puree canned
- 1 carrots chopped
- 2 teaspoons chili powder
- 0.5 cup cilantro leaves fresh chopped

- 4 ounce mushrooms fresh sliced
- 3 cloves garlic minced
- 1.5 teaspoons ground cumin
- 0.5 teaspoon ground pepper black
- 2 tablespoons olive oil
- 1 onion chopped
- 1.5 teaspoons oregano dried
- 8 ounce pineapple chunks drained canned
- 0.5 teaspoon salt
- 3 cups vegetable broth
- 1 bell pepper yellow chopped

Equipment

- frying pan
- baking sheet
- oven
- pot
- broiler

Directions

- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Spread corn and pineapple onto a baking sheet.
- Broil corn and pineapple in the preheated oven until lightly browned, 2 to 4 minutes.
- Remove from oven.
- Heat olive oil in a skillet over medium heat; cook and stir onion, mushrooms, yellow bell pepper, garlic, chili powder, oregano, cumin, salt, and pepper in the hot oil until vegetables are softened, 10 to 15 minutes.
- Mix vegetable broth, tomatoes, pumpkin, black beans, coconut milk, cilantro, onion mixture, and roasted pineapple-corn mixture in a large pot; bring to a boil. Reduce heat and simmer until soup is heated through and flavors have blended, 10 to 15 minutes.

Garnish each serving with Cheddar cheese.

Nutrition Facts

PROTEIN 9.78% **FAT 45.64%** **CARBS 44.58%**

Properties

Glycemic Index:31.85, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:21.838260786689%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 311.5kcal (15.58%), Fat: 16.83g (25.9%), Saturated Fat: 11.25g (70.33%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 28.13g (10.23%), Sugar: 11.95g (13.28%), Cholesterol: 0mg (0%), Sodium: 962.43mg (41.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.23%), Vitamin A: 10128.33IU (202.57%), Vitamin C: 47.91mg (58.07%), Manganese: 0.9mg (44.91%), Fiber: 8.88g (35.5%), Iron: 4.49mg (24.94%), Copper: 0.5mg (24.82%), Potassium: 847.43mg (24.21%), Folate: 83.87µg (20.97%), Vitamin K: 21.11µg (20.1%), Magnesium: 79.83mg (19.96%), Phosphorus: 197.67mg (19.77%), Vitamin B6: 0.31mg (15.46%), Vitamin B3: 2.98mg (14.88%), Vitamin E: 2.2mg (14.66%), Vitamin B1: 0.22mg (14.5%), Vitamin B2: 0.24mg (14.28%), Calcium: 100.07mg (10.01%), Selenium: 5.95µg (8.5%), Zinc: 1.24mg (8.27%), Vitamin B5: 0.82mg (8.19%)