



Quick Vegetarian Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 15 ounce black beans rinsed drained canned
- 15 ounce kidney beans rinsed drained canned
- 1 tablespoon chili powder
- 2 garlic cloves minced
- 1 cup bell pepper green chopped
- 1 jalapeno minced
- 1 teaspoon old bay seasoning

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1 cup bell pepper red chopped
- 1.8 pounds tomatoes chopped
- 11 ounce spicy-hot vegetable juice canned
- 1.5 cups zucchini chopped

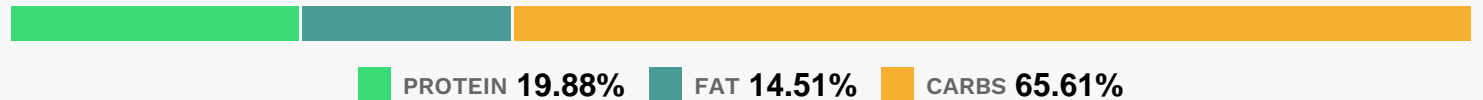
Equipment

- dutch oven

Directions

- Heat oil in a Dutch oven over medium-high heat; add onion and garlic. Cook 2 minutes or until tender, stirring constantly.
- Add zucchini and bell peppers; cook 5 minutes, stirring frequently.
- Add tomatoes and remaining ingredients, stirring well to combine. Cover, reduce heat, and simmer 20 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:6.5, Inflammation Score:-10, Nutrition Score:22.243913028551%

Flavonoids

Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 206.44kcal (10.32%), Fat: 3.52g (5.41%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 35.81g (11.94%), Net Carbohydrates: 23.07g (8.39%), Sugar: 9.69g (10.77%), Cholesterol: 0mg (0%), Sodium: 577.13mg (25.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.7%), Vitamin C: 97.41mg (118.07%), Vitamin A:

2894.11IU (57.88%), Fiber: 12.74g (50.96%), Manganese: 0.73mg (36.38%), Potassium: 1051.86mg (30.05%), Folate: 106.89µg (26.72%), Vitamin K: 23.88µg (22.74%), Vitamin B6: 0.45mg (22.53%), Phosphorus: 217.33mg (21.73%), Iron: 3.47mg (19.29%), Magnesium: 76.47mg (19.12%), Copper: 0.38mg (19.09%), Vitamin B1: 0.28mg (18.55%), Vitamin E: 2.19mg (14.58%), Vitamin B2: 0.23mg (13.8%), Vitamin B3: 2.3mg (11.48%), Zinc: 1.35mg (8.98%), Calcium: 89.36mg (8.94%), Vitamin B5: 0.55mg (5.5%), Selenium: 2.31µg (3.29%)