



## Quick Vegetarian Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup onion chopped
- 0.5 cup bell pepper chopped (any color)
- 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 15 oz kidney beans rinsed drained canned
- 29 oz tomatoes diced organic undrained canned
- 8 oz tomato sauce organic canned
- 1 tablespoon chili powder
- 1 teaspoon ground cumin

1 medium zucchini cut into 1/2-inch slices

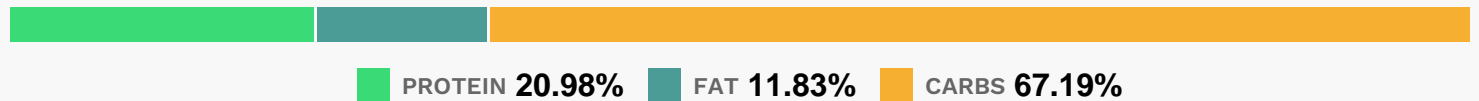
## Equipment

dutch oven

## Directions

- In 4-quart Dutch oven, place all ingredients except zucchini; stir well.
- Heat to boiling over high heat, stirring occasionally; reduce heat. Cover; simmer 10 minutes.
- Stir in zucchini. Cover; cook 5 to 7 minutes longer, stirring occasionally, until potatoes and zucchini are tender when pierced with fork.

## Nutrition Facts



## Properties

Glycemic Index:42.39, Glycemic Load:8.7, Inflammation Score:-9, Nutrition Score:19.140869451606%

## Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 172.64kcal (8.63%), Fat: 2.44g (3.76%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 20.83g (7.57%), Sugar: 8.27g (9.19%), Cholesterol: 0mg (0%), Sodium: 590.56mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.5%), Manganese: 1.11mg (55.27%), Vitamin C: 44.82mg (54.33%), Vitamin A: 2169.63IU (43.39%), Fiber: 10.4g (41.6%), Vitamin B6: 0.67mg (33.67%), Potassium: 886.22mg (25.32%), Phosphorus: 200.09mg (20.01%), Folate: 76.59µg (19.15%), Copper: 0.38mg (18.89%), Magnesium: 73.05mg (18.26%), Iron: 3.14mg (17.47%), Vitamin K: 18.28µg (17.41%), Vitamin E: 2.06mg (13.71%), Vitamin B1: 0.19mg (12.7%), Vitamin B3: 2.09mg (10.43%), Zinc: 1.48mg (9.84%), Vitamin B2: 0.17mg (9.84%), Calcium: 81.02mg (8.1%), Vitamin B5: 0.68mg (6.77%), Selenium: 2.86µg (4.08%)