



Quinoa and Roasted Pepper Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with chipotles, undrained canned
- ☐ 1 tablespoon chili powder
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 teaspoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon paprika smoked spanish

- ☐ 15 ounce no-salt-added pinto beans rinsed drained canned
- ☐ 2 poblano chiles
- ☐ 0.3 cup quinoa rinsed uncooked
- ☐ 2 bell peppers red
- ☐ 1 cup vegetable juice low-sodium
- ☐ 0.5 cup water
- ☐ 3 cups zucchini chopped

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers and chiles in half lengthwise; discard seeds and membranes.
- ☐ Place halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 10 minutes. Peel and coarsely chop.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add zucchini, onion, and garlic; saut 4 minutes. Stir in chili powder, cumin, and paprika; saut for 30 seconds.
- ☐ Add roasted peppers and chiles, 1/2 cup water, and remaining ingredients; bring to a boil. Reduce heat to medium-low; cover and simmer for 20 minutes or until quinoa is tender.

Nutrition Facts



 PROTEIN **17.63%**  FAT **16.11%**  CARBS **66.26%**

Properties

Glycemic Index:50.13, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:31.820434777633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg

Nutrients (% of daily need)

Calories: 355.73kcal (17.79%), Fat: 6.63g (10.2%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 61.38g (20.46%), Net Carbohydrates: 44.44g (16.16%), Sugar: 13.73g (15.26%), Cholesterol: 0mg (0%), Sodium: 459.92mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.67%), Vitamin C: 166.68mg (202.04%), Vitamin A: 3904.02IU (78.08%), Folate: 276.78µg (69.2%), Fiber: 16.94g (67.78%), Manganese: 1.26mg (62.8%), Vitamin B6: 0.93mg (46.45%), Potassium: 1285.78mg (36.74%), Phosphorus: 315mg (31.5%), Magnesium: 123.2mg (30.8%), Iron: 5.34mg (29.66%), Vitamin B1: 0.41mg (27.11%), Vitamin E: 4.06mg (27.06%), Copper: 0.48mg (23.92%), Vitamin K: 20.08µg (19.12%), Vitamin B2: 0.31mg (18.15%), Calcium: 153.14mg (15.31%), Zinc: 2.27mg (15.1%), Selenium: 9.22µg (13.17%), Vitamin B3: 2.21mg (11.06%), Vitamin B5: 0.89mg (8.86%)