



Rae's Vegetarian Chili

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounce bottle beer canned
- 8 servings pepper black freshly ground
- 15 ounce black beans rinsed drained canned
- 15 ounce .5 can cannellini beans drained and rinsed canned
- 15 ounce garbanzo beans drained canned
- 15 ounce kidney beans drained and rinsed canned
- 15 ounce pinto beans drained and rinsed canned
- 8 ounce tomato sauce canned

- 28 ounce canned tomatoes diced with juice canned
- 4 tablespoons chili powder to taste
- 4 cloves garlic minced
- 1 teaspoon ground cumin
- 1 tablespoon ground mustard
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 0.1 teaspoon pepper sauce hot
- 2 cups cheddar cheese shredded
- 6 ounce tomato paste canned
- 15 ounce kernel corn whole drained and rinsed canned

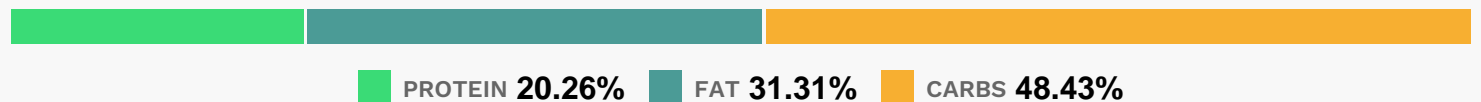
Equipment

- pot

Directions

- In a 4 quart pot, saute garlic in oil.
- Add diced tomatoes (undrained), tomato sauce, tomato paste, beer, chili powder, mustard powder, oregano, pepper, cumin, hot pepper sauce. Stir in the pinto beans, garbanzo beans, black beans, red and white kidney beans, and corn. Bring the mixture to a boil, reduce heat, and let simmer for 20 minutes. Top each serving with cheese (if you'd like).

Nutrition Facts



Properties

Glycemic Index:48.85, Glycemic Load:11.72, Inflammation Score:-9, Nutrition Score:26.393043492151%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.04mg,
Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 480.42kcal (24.02%), Fat: 16.81g (25.86%), Saturated Fat: 6.46g (40.37%), Carbohydrates: 58.51g (19.5%),
Net Carbohydrates: 42.17g (15.34%), Sugar: 4.1g (4.55%), Cholesterol: 28.25mg (9.42%), Sodium: 1136.89mg
(49.43%), Alcohol: 1.73g (100%), Alcohol %: 0.4% (100%), Protein: 24.47g (48.95%), Manganese: 1.41mg (70.48%),
Fiber: 16.34g (65.35%), Phosphorus: 448.72mg (44.87%), Iron: 6.5mg (36.13%), Calcium: 355.22mg (35.52%), Folate:
139.39µg (34.85%), Vitamin A: 1656.11IU (33.12%), Magnesium: 129.53mg (32.38%), Potassium: 1107.93mg (31.66%),
Copper: 0.63mg (31.29%), Vitamin B6: 0.61mg (30.59%), Vitamin E: 3.75mg (25%), Zinc: 3.45mg (22.99%),
Selenium: 14.63µg (20.9%), Vitamin B2: 0.35mg (20.74%), Vitamin B1: 0.29mg (19.32%), Vitamin K: 15.58µg (14.83%),
Vitamin B3: 2.6mg (13.01%), Vitamin C: 7.76mg (9.41%), Vitamin B5: 0.83mg (8.33%), Vitamin B12: 0.31µg (5.14%),
Vitamin D: 0.17µg (1.13%)