



Raw Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp apple cider vinegar
- ☐ 4 large carrots whole (large)
- ☐ 3 celery stalks whole
- ☐ 2 tsp chili powder
- ☐ 1 tbsp cumin
- ☐ 0.3 cup catsup
- ☐ 0.3 cup soya sauce low sodium
- ☐ 3 tsp oregano

- ☐ 2 portabello mushrooms whole
- ☐ 1 bell pepper whole red
- ☐ 1 garlic clove whole

Equipment

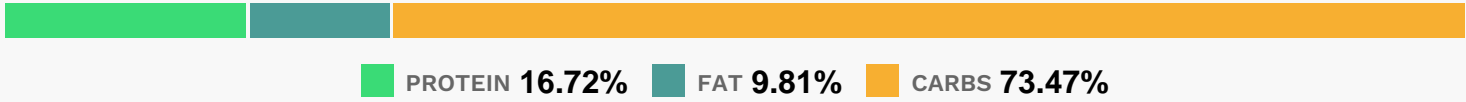
- ☐ food processor
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Remove bottom stems from portobellos and discard. Break mushrooms in half, or quarters and place into your food processor. Pulse roughly 25 times or until the mushrooms look like ground up meat bits.
- ☐ Transfer mushroom bits to a large mixing bowl.
- ☐ Cut carrots in half or quarters and place in food processor. Pulse about 15 times, or until chunky. I like my carrot pieces slightly larger than my mushroom bits.
- ☐ Transfer to mixing bowl.
- ☐ Cut celery into thirds and place in food processor. Allow motor to run until celery is completely minced.
- ☐ Transfer to mixing bowl.
- ☐ Cut away top and seedy center of red bell pepper, then chop into four equal parts.
- ☐ Place in food processor and allow motor to run until completely minced.
- ☐ Transfer to mixing bowl. In a small food processor or blender, combine remaining ingredients with 2 tbsp of water and allow the motor to run until it's well combined and the garlic clove is pureed (you might want to start with 1-2 tbsp soy sauce and add more to taste).
- ☐ Add puree to mixing bowl and stir to combine. Taste, adding more soy sauce and/or hot sauce to taste.
- ☐ Serve immediately. Per serving: 94 calories, 1.1g fat, 0mg cholesterol, 19.5g carbohydrates, 5g fiber, 4.1g protein
- ☐ Nutritional Information
- ☐ Amount Per Serving

- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ 30gDietary Fiber3.80gSugars8.20gProtein2.60g

Nutrition Facts



Properties

Glycemic Index:47.71, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:17.176087002391%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 86.06kcal (4.3%), Fat: 1.07g (1.64%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 13.35g (4.85%), Sugar: 9.24g (10.26%), Cholesterol: 0mg (0%), Sodium: 792.16mg (34.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Vitamin A: 13492.57IU (269.85%), Vitamin C: 43.43mg (52.64%), Vitamin K: 22.2µg (21.15%), Manganese: 0.41mg (20.65%), Fiber: 4.61g (18.43%), Potassium: 627.98mg (17.94%), Vitamin B3: 3.59mg (17.93%), Vitamin B6: 0.36mg (17.89%), Iron: 2.49mg (13.85%), Vitamin E: 2.06mg (13.72%), Folate: 52.32µg (13.08%), Vitamin B2: 0.21mg (12.47%), Phosphorus: 124.35mg (12.43%), Selenium: 8.63µg (12.34%), Copper: 0.22mg (10.84%), Magnesium: 37.01mg (9.25%), Vitamin B5: 0.86mg (8.64%), Calcium: 76.93mg (7.69%), Vitamin B1: 0.11mg (7.58%), Zinc: 0.8mg (5.34%)