



Roasted Vegetable Chili

 Gluten Free

READY IN



100 min.

SERVINGS



7

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium eggplant 1-inch-thick cut into slices
- 1 large bell pepper green quartered
- 1 large onion sweet separated cut into 1/2-inch-thick slices, into rings (such as Walla Walla)
- 3 tablespoons olive oil
- 1 lb ground beef lean
- 1 garlic clove minced
- 28 oz canned tomatoes diced undrained canned
- 29 oz stewed tomatoes undrained canned

- 3 teaspoons chili powder
- 0.5 teaspoon salt
- 0.5 teaspoon cinnamon
- 1 serving cheddar cheese shredded

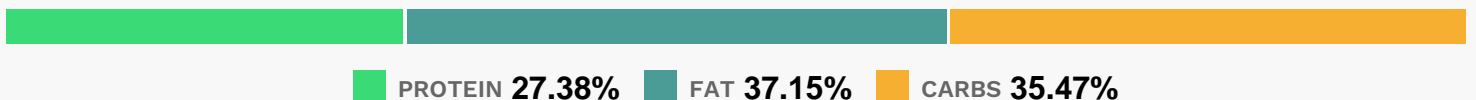
Equipment

- bowl
- baking sheet
- oven
- dutch oven

Directions

- Heat oven to 450°F. Spray 2 large cookie sheets with nonstick cooking spray. In large bowl, combine eggplant, bell pepper, onion and oil; toss to coat.
- Place in single layer on sprayed cookie sheets.
- Bake at 450°F. for 15 to 18 minutes or until vegetables are tender and browned, turning occasionally. Cool 5 minutes. Coarsely chop vegetables.
- Meanwhile, in Dutch oven, cook ground beef and garlic over medium-high heat for 5 to 7 minutes or until beef is thoroughly cooked, stirring frequently.
- Drain.
- Add roasted vegetables, tomatoes, chili powder, salt and cinnamon; mix well. Bring to a boil. Reduce heat to low; simmer 30 to 40 minutes, stirring occasionally.
- Sprinkle individual servings with cheese.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:3.03, Inflammation Score:-8, Nutrition Score:21.739565460578%

Flavonoids

Delphinidin: 56.07mg, Delphinidin: 56.07mg, Delphinidin: 56.07mg, Delphinidin: 56.07mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 265.71kcal (13.29%), Fat: 11.56g (17.78%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 18.33g (6.67%), Sugar: 14.45g (16.06%), Cholesterol: 44.46mg (14.82%), Sodium: 666.21mg (28.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Vitamin C: 42.4mg (51.4%), Vitamin B3: 6.49mg (32.45%), Vitamin B6: 0.64mg (31.97%), Potassium: 1069.12mg (30.55%), Iron: 5.14mg (28.56%), Zinc: 4.2mg (28.02%), Manganese: 0.55mg (27.36%), Vitamin E: 4.09mg (27.29%), Fiber: 6.5g (26%), Vitamin B12: 1.5µg (24.95%), Copper: 0.5mg (24.79%), Phosphorus: 244.18mg (24.42%), Selenium: 14.55µg (20.78%), Magnesium: 69.42mg (17.35%), Vitamin K: 17.86µg (17.01%), Vitamin A: 845.57IU (16.91%), Vitamin B2: 0.27mg (16.01%), Vitamin B1: 0.23mg (15.21%), Calcium: 137.51mg (13.75%), Folate: 52.63µg (13.16%), Vitamin B5: 1.15mg (11.47%)