



 **100%**  
HEALTH SCORE

## Rocco's Vegan Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups bell pepper chopped
- 4 servings pepper black to taste
- 15 ounce black beans with liquid canned
- 15 ounce kidney beans with liquid canned
- 28 ounce canned tomatoes with liquid chopped canned
- 0.8 cup carrots chopped
- 0.8 cup celery chopped
- 0.5 tablespoon chili powder to taste ()

- 0.5 cup cilantro leaves chopped
- 1.5 tablespoons basil dried
- 3 garlic clove minced
- 1 tablespoon ground cumin
- 1 tablespoon juice of lime
- 3 tablespoons olive oil
- 2 cups onion diced divided
- 1.5 tablespoons oregano dried
- 4 servings sea salt to taste
- 3 tablespoons tomato paste
- 11 ounce corn whole undrained canned

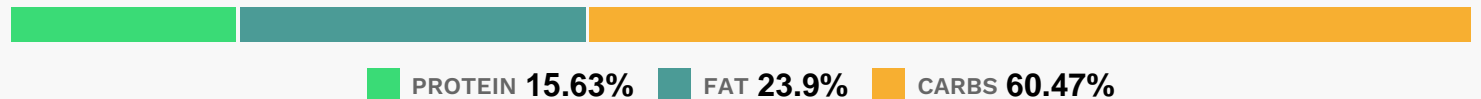
## Equipment

- sauce pan

## Directions

- Heat oil in a large saucepan over medium heat. Saut 1-1/2 cups of the onion (reserve the other 1/2 cup) along with the celery and the carrots until soft. Stir in the peppers, garlic, chili powder and cumin. Cook about 6 minutes. Stir in tomatoes, tomato paste, beans, and corn. Season with oregano, basil, salt and pepper. Bring to a boil, and reduce heat to low. Cover and simmer for 30 minutes, stirring occasionally. Stir in lime juice and cilantro just before serving. Top with the reserved 1/2 cup of chopped onion and soy cheese, if using.

## Nutrition Facts



## Properties

Glycemic Index:94.21, Glycemic Load:13.84, Inflammation Score:-10, Nutrition Score:43.565217764481%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 17.65mg, Quercetin: 17.65mg, Quercetin: 17.65mg, Quercetin: 17.65mg

## **Nutrients (% of daily need)**

Calories: 492.48kcal (24.62%), Fat: 13.96g (21.47%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 79.45g (26.48%), Net Carbohydrates: 56.31g (20.48%), Sugar: 20.38g (22.65%), Cholesterol: 0mg (0%), Sodium: 1418.03mg (61.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.53g (41.06%), Vitamin C: 131.76mg (159.71%), Vitamin A: 7538.77IU (150.78%), Fiber: 23.14g (92.57%), Manganese: 1.61mg (80.41%), Vitamin K: 80.19µg (76.37%), Iron: 10.41mg (57.83%), Potassium: 1932.14mg (55.2%), Folate: 214.41µg (53.6%), Copper: 0.93mg (46.65%), Vitamin B6: 0.93mg (46.34%), Vitamin E: 6.93mg (46.19%), Magnesium: 168.58mg (42.14%), Phosphorus: 410.9mg (41.09%), Vitamin B1: 0.55mg (36.63%), Vitamin B3: 6.09mg (30.47%), Vitamin B2: 0.49mg (28.84%), Calcium: 267.91mg (26.79%), Zinc: 2.78mg (18.53%), Vitamin B5: 1.42mg (14.19%), Selenium: 5.71µg (8.16%)