



HEALTH SCORE

58%

Slow Cooker Veggie Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce beans undrained ranch style® canned
- ☐ 2 medium carrots sliced
- ☐ 1 tablespoon chili powder gebhardt®
- ☐ 1 cup kernel corn whole frozen
- ☐ 1 medium bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 15 ounce van camp's® kidney beans red rinsed drained canned
- ☐ 8 ounce hunt's® tomato sauce-no salt added canned

- ☐ 14.5 ounce hunt's® tomatoes diced fire roasted with garlic, undrained canned
- ☐ 1 small onion yellow chopped

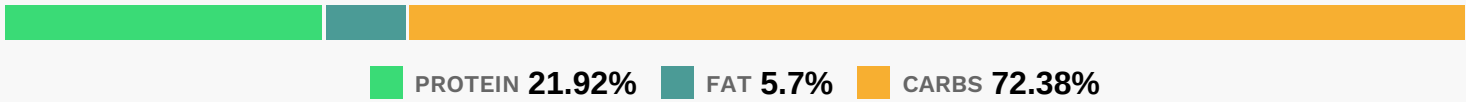
Equipment

- ☐ slow cooker

Directions

- ☐ Spray inside of 4–quart slow cooker with cooking spray.
- ☐ Place remaining ingredients in slow cooker; stir to combine.
- ☐ Cover; cook on HIGH 1-1/2 to 2 hours or on LOW 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:8.54, Inflammation Score:-10, Nutrition Score:18.733478172966%

Flavonoids

Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 212.01kcal (10.6%), Fat: 1.39g (2.14%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 28.1g (10.22%), Sugar: 6.51g (7.24%), Cholesterol: 0mg (0%), Sodium: 545.29mg (23.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Vitamin A: 4372.9IU (87.46%), Fiber: 11.71g (46.84%), Manganese: 0.69mg (34.65%), Folate: 129.83µg (32.46%), Vitamin C: 23.87mg (28.93%), Iron: 4.15mg (23.08%), Potassium: 757.32mg (21.64%), Phosphorus: 215.18mg (21.52%), Copper: 0.37mg (18.38%), Magnesium: 69.41mg (17.35%), Vitamin B1: 0.24mg (15.69%), Vitamin K: 15.66µg (14.91%), Vitamin B6: 0.3mg (14.86%), Zinc: 1.51mg (10.05%), Vitamin B3: 1.81mg (9.04%), Vitamin E: 1.35mg (8.99%), Vitamin B2: 0.15mg (8.91%), Calcium: 82.77mg (8.28%), Vitamin B5: 0.47mg (4.66%), Selenium: 2.22µg (3.17%)