



Soy-Full" Chili

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



38 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed canned
- 4 oz chiles green undrained chopped canned
- 15 oz tomato sauce canned
- 14 oz canned tomatoes diced undrained canned
- 15 oz chili beans sauce canned
- 1 Tbsp chili powder
- 2 cloves garlic minced
- 0.5 tsp ground cumin

- 2 tsp oil
- 1 onion chopped
- 2 pasilla peppers red chopped
- 12 oz boca veggie ground crumbles frozen

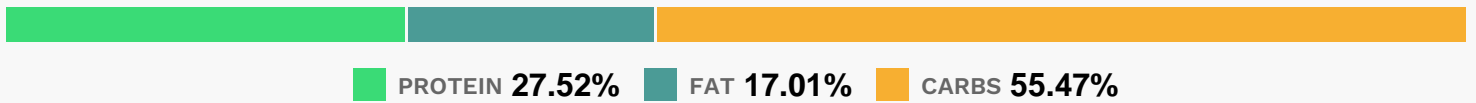
Equipment

- sauce pan

Directions

- Cook and stir peppers, onions and garlic in hot oil in large saucepan on medium-high heat 2 min. or until crisp-tender.
- Stir in crumbles; cook 2 min.
- Add remaining ingredients; mix well. Bring to boil. Simmer on medium-low 30 min. or until crumbles are cooked through (160F), stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.09, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:4.172173909519%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 37.55kcal (1.88%), Fat: 0.74g (1.14%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 207.77mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Vitamin C: 9.75mg (11.82%), Vitamin B12: 0.63µg (10.47%), Vitamin B1: 0.12mg (8.09%), Fiber: 1.9g (7.59%), Vitamin B6: 0.14mg (6.85%), Vitamin B3: 1.22mg (6.09%), Iron: 1.03mg (5.74%), Vitamin A: 274.57IU (5.49%), Phosphorus: 47.39mg (4.74%), Potassium: 152.54mg (4.36%), Folate: 14.09µg (3.52%), Vitamin B2: 0.06mg (3.45%), Copper: 0.06mg (3.16%), Magnesium: 11.31mg (2.83%), Manganese: 0.05mg (2.7%), Vitamin E: 0.4mg (2.69%), Zinc: 0.39mg (2.57%), Calcium: 13.17mg (1.32%), Vitamin K: 1.16µg (1.11%)