



Spicy Garden Chili

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 16 ounce beans red drained canned
- ☐ 16 ounce cannellini beans white drained canned
- ☐ 2 tablespoons chili powder
- ☐ 1 cup corn kernels frozen
- ☐ 0.5 cup cracked wheat uncooked
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin

- ☐ 3 tablespoons jalapeno minced seeded
- ☐ 9 tablespoons cream sour low-fat
- ☐ 2.3 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 1 cup mushrooms chopped
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 2.3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 10.8 ounce canned tomatoes canned
- ☐ 2 cups water

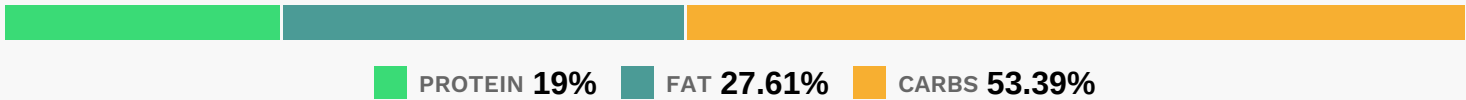
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and next 6 ingredients (onion through cumin); saut 3 minutes. Stir in water, bulgur, tomatoes, and tomato pure; bring to a boil. Reduce heat; simmer 30 minutes or until tender. Stir in corn and beans; cook 5 minutes. Ladle chili into each of 9 bowls; top with cheeses and sour cream.

Nutrition Facts



Properties

Glycemic Index:31.78, Glycemic Load:6.57, Inflammation Score:-9, Nutrition Score:19.089130272036%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg 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: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 275.09kcal (13.75%), Fat: 8.98g (13.82%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 29.03g (10.56%), Sugar: 7.76g (8.62%), Cholesterol: 17.6mg (5.87%), Sodium: 477.77mg (20.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Vitamin C: 33.91mg (41.1%), Fiber: 10.04g (40.18%), Manganese: 0.72mg (35.92%), Iron: 4.9mg (27.24%), Phosphorus: 263.79mg (26.38%), Potassium: 888.75mg (25.39%), Calcium: 247.67mg (24.77%), Copper: 0.42mg (21.06%), Folate: 81.44µg (20.36%), Vitamin A: 1017.28IU (20.35%), Vitamin B6: 0.4mg (20.04%), Vitamin E: 2.94mg (19.57%), Magnesium: 78.06mg (19.52%), Vitamin K: 20.37µg (19.4%), Vitamin B2: 0.29mg (17.14%), Vitamin B1: 0.22mg (14.87%), Zinc: 1.94mg (12.93%), Vitamin B3: 2.4mg (11.99%), Selenium: 6.74µg (9.63%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.19µg (3.14%)