



 **68%**
HEALTH SCORE

Spicy Mixed Bean Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



75 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

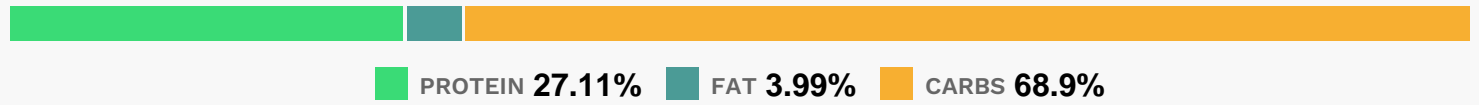
Ingredients

- 0.5 cup pea-mond dressing
- 0.5 teaspoon chili powder
- 1 beef bouillon cubes
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- 0.5 cup lentils
- 0.5 cup mung beans
- 2 plum tomatoes

- 4 servings salt
- 1 tablespoon tomato purée
- 4 servings water

Equipment

Nutrition Facts



Properties

Glycemic Index:25.9, Glycemic Load:3.32, Inflammation Score:-8, Nutrition Score:18.325652173913%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 212.44kcal (10.62%), Fat: 0.96g (1.48%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 23.66g (8.6%), Sugar: 4.08g (4.53%), Cholesterol: 0.04mg (0.01%), Sodium: 459.09mg (19.96%), Protein: 14.73g (29.46%), Folate: 326.88µg (81.72%), Fiber: 13.77g (55.09%), Manganese: 0.75mg (37.47%), Vitamin B1: 0.43mg (28.66%), Phosphorus: 250.83mg (25.08%), Copper: 0.5mg (25.04%), Magnesium: 98.8mg (24.7%), Iron: 4.4mg (24.43%), Potassium: 717.68mg (20.51%), Zinc: 2.25mg (14.97%), Vitamin B6: 0.29mg (14.35%), Vitamin B5: 1.15mg (11.47%), Vitamin C: 7.16mg (8.68%), Vitamin B3: 1.63mg (8.15%), Vitamin B2: 0.14mg (8.12%), Vitamin A: 394.85IU (7.9%), Selenium: 5.14µg (7.34%), Calcium: 68.76mg (6.88%), Vitamin K: 6.74µg (6.42%), Vitamin E: 0.65mg (4.34%)