



Summer Vegetarian Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bell pepper chopped (any color)
- ☐ 15 ounce no-salt-added black beans drained canned
- ☐ 0.1 teaspoon cayenne pepper to taste
- ☐ 2 tablespoons chili powder to taste
- ☐ 1 cup corn kernels
- ☐ 1 cup cilantro leaves fresh packed chopped
- ☐ 5 large cloves garlic minced crushed
- ☐ 2 teaspoons ground cumin

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup portabello mushrooms white chopped
- ☐ 1 cup onion red chopped
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 2 cups tomatoes fresh juicy chopped
- ☐ 1 cup water (or red wine)
- ☐ 1 cup zucchini chopped

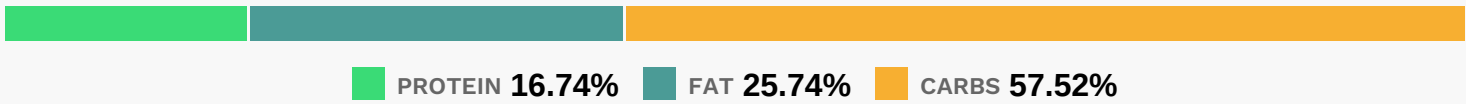
Equipment

- ☐ pot

Directions

- ☐ Heat oil in medium pot.
- ☐ Add onion, garlic, chili powder and cumin.
- ☐ Saute over medium heat until onion is soft, about 5 minutes.
- ☐ Add remaining ingredients (except garnishes) and stir. Bring to a boil, then lower heat and simmer 20 minutes or until vegetables are soft.
- ☐ Add more liquid if needed.
- ☐ Serve alone or over rice (preferably brown).
- ☐ Garnish if desired with any of the following: reduced-fat cheddar cheese, onion, fat-free sour cream, guacamole, fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:5.05, Inflammation Score:-9, Nutrition Score:18.80956511491%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin:

0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 234.59kcal (11.73%), Fat: 6.27g (9.64%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 21.67g (7.88%), Sugar: 6.08g (6.75%), Cholesterol: 0mg (0%), Sodium: 112.46mg (4.89%), Alcohol: 4.24g (100%), Alcohol %: 1.87% (100%), Protein: 9.17g (18.34%), Vitamin C: 46.3mg (56.12%), Vitamin A: 2247.66IU (44.95%), Fiber: 9.84g (39.35%), Folate: 151.63µg (37.91%), Manganese: 0.7mg (34.91%), Potassium: 743.69mg (21.25%), Magnesium: 80.76mg (20.19%), Vitamin K: 20.47µg (19.49%), Vitamin B6: 0.38mg (18.79%), Phosphorus: 187.15mg (18.72%), Iron: 3.2mg (17.76%), Vitamin B1: 0.26mg (17.65%), Vitamin E: 2.51mg (16.74%), Copper: 0.3mg (15.24%), Vitamin B3: 2.42mg (12.09%), Vitamin B2: 0.19mg (11.13%), Zinc: 1.46mg (9.75%), Selenium: 4.93µg (7.04%), Vitamin B5: 0.7mg (6.97%), Calcium: 61.6mg (6.16%)