



 **58%**  
HEALTH SCORE

## Two-Bean Vegetarian Chili

 **Gluten Free**

READY IN



**60 min.**

SERVINGS



**8**

CALORIES



**473 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp lite balsamic vinaigrette dressing kraft
- 0.5 cup original barbecue sauce kraft
- 2 cups brown rice long-grain uncooked
- 15.5 oz .5 can cannellini beans rinsed canned
- 29 oz tomatoes diced undrained canned
- 15.5 oz kidney beans red rinsed canned
- 2 carrots cut into 1/4-inch-thick slices
- 1.5 cups four cheese shredded mexican style kraft finely

- 3 Tbsp chili powder
- 1 cup regular corn frozen
- 3 cloves garlic minced
- 1 onion chopped
- 1 bell pepper red chopped

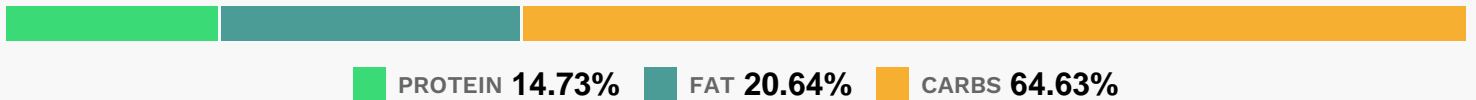
## Equipment

- sauce pan

## Directions

- Cook rice as directed on package.
- Meanwhile, heat dressing in large saucepan on medium-high heat.
- Add carrots, onions, peppers and garlic; cook and stir 6 to 8 min. or until vegetables are crisp-tender.
- Add all remaining ingredients except corn and cheese; stir. Bring to boil; simmer on medium-low heat 30 min., stirring occasionally. Stir in corn; cook 5 min. or until heated through.
- Serve chili over rice; top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:38.07, Glycemic Load:27.02, Inflammation Score:-10, Nutrition Score:28.879565275234%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

## Nutrients (% of daily need)

Calories: 473.44kcal (23.67%), Fat: 11.15g (17.15%), Saturated Fat: 4.67g (29.22%), Carbohydrates: 78.49g (26.16%), Net Carbohydrates: 67.52g (24.55%), Sugar: 11.91g (13.23%), Cholesterol: 21.19mg (7.06%), Sodium: 710.74mg (30.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.79%), Manganese: 2.48mg (124.15%), Vitamin A: 4276.68IU (85.53%), Fiber: 10.97g (43.88%), Vitamin C: 32.92mg (39.9%), Phosphorus: 395.6mg (39.56%), Magnesium: 148.11mg (37.03%), Vitamin B6: 0.66mg (33.18%), Iron: 5.15mg (28.59%), Potassium: 994.38mg (28.41%), Calcium: 281.63mg (28.16%), Vitamin B1: 0.42mg (27.94%), Copper: 0.49mg (24.46%), Folate: 93.99µg (23.5%), Zinc: 3.25mg (21.67%), Vitamin B3: 4.24mg (21.22%), Vitamin E: 2.93mg (19.53%), Vitamin B2: 0.31mg (18.25%), Vitamin B5: 1.32mg (13.2%), Vitamin K: 13.64µg (12.99%), Selenium: 8.85µg (12.64%), Vitamin B12: 0.22µg (3.74%)