

Vegan Taco Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



179 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 ounce regular corn mexican-style canned
- 45 ounce kidney beans canned
- 29 ounce tomato sauce canned
- 2 stalks celery chopped
- 1 pound mushrooms fresh sliced
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 small onion finely chopped

6 ounce tomato paste canned

Equipment

frying pan

pot

slow cooker

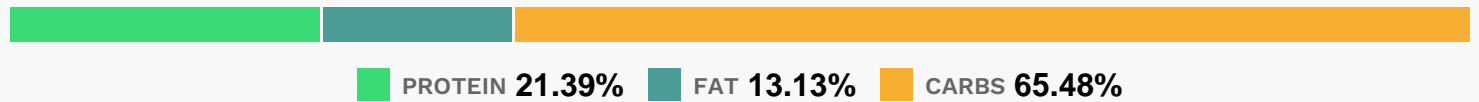
Directions

Heat the oil in a large skillet.

Sautee the mushrooms, garlic, onion and celery until tender.

Transfer them to a stock pot or slow cooker. Stir in the tomato sauce, tomato paste, beans and Mexican-style corn. Cook for at least an hour to blend the flavors.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:8.64, Inflammation Score:-6, Nutrition Score:14.294347843398%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 178.75kcal (8.94%), Fat: 2.78g (4.27%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 22.12g (8.04%), Sugar: 7.34g (8.16%), Cholesterol: 0mg (0%), Sodium: 798.64mg (34.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.35%), Fiber: 9.03g (36.12%), Manganese: 0.56mg (27.82%), Potassium: 839.56mg (23.99%), Copper: 0.47mg (23.72%), Phosphorus: 219.53mg (21.95%), Vitamin B2: 0.34mg (20.11%), Vitamin B3: 3.57mg (17.86%), Iron: 2.95mg (16.38%), Folate: 63.76µg (15.94%), Magnesium: 63.25mg (15.81%), Vitamin B1: 0.22mg (14.35%), Vitamin B6: 0.28mg (13.85%), Vitamin C: 10.78mg (13.06%), Vitamin B5: 1.18mg (11.78%), Vitamin K: 11.66µg (11.1%), Vitamin E: 1.65mg (11.01%), Zinc: 1.37mg (9.13%), Selenium: 6.37µg (9.1%), Vitamin A: 428.67IU (8.57%), Calcium: 62.18mg (6.22%)