



Vegetable and Bean Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb broccoli frozen
- 15 oz garbanzo beans rinsed drained progresso® canned (garbanzo beans)
- 29 oz canned tomatoes diced with green chiles, undrained canned
- 19 oz beans red rinsed drained progresso® canned
- 8 oz tomato sauce canned
- 2 tablespoons chili powder
- 2 cups regular corn fresh green frozen giant®
- 2 teaspoons garlic finely chopped

- 3 teaspoons ground cumin
- 0.1 teaspoon ground pepper red (cayenne)
- 1 cup onion coarsely chopped
- 0.8 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

- dutch oven

Directions

- In 4 1/2- to 5-quart Dutch oven, heat oil over medium-high heat.
- Add onions and garlic; cook 4 to 5 minutes, stirring frequently, until onions are softened.
- Stir in remaining ingredients.
- Heat to boiling. Reduce heat to medium-low. Cover; cook 15 to 20 minutes, stirring occasionally, until chili is hot and vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:53.14, Glycemic Load:14.63, Inflammation Score:-9, Nutrition Score:30.724782529085%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Nutrients (% of daily need)

Calories: 286.03kcal (14.3%), Fat: 5.96g (9.16%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 36.23g (13.18%), Sugar: 11.24g (12.49%), Cholesterol: 0mg (0%), Sodium: 982.53mg (42.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.95%), Vitamin C: 88.85mg (107.69%), Vitamin K: 93.23µg (88.79%), Manganese: 1.36mg (68.14%), Fiber: 14.53g (58.12%), Vitamin B6: 0.91mg (45.27%), Vitamin A: 1761.93IU (35.24%), Potassium: 1169.86mg (33.42%), Iron: 5.67mg (31.52%), Folate: 120.84µg (30.21%), Phosphorus:

299.9mg (29.99%), Magnesium: 106.65mg (26.66%), Copper: 0.49mg (24.49%), Vitamin E: 3.38mg (22.56%),
Vitamin B1: 0.32mg (21.16%), Vitamin B2: 0.33mg (19.14%), Vitamin B3: 3.63mg (18.15%), Calcium: 161.98mg (16.2%),
Vitamin B5: 1.51mg (15.09%), Zinc: 2.17mg (14.47%), Selenium: 5.64µg (8.05%)