



Vegetarian Bean and Pumpkin Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounces canned tomatoes crushed canned
- 15 ounces pumpkin puree canned
- 2 serrano chiles minced
- 3 inches chipotle sauce minced
- 4 cups vegetable stock
- 2 cups water
- 1 onion chopped
- 3 cloves garlic minced

- 1.5 teaspoons cumin
- 0.5 cinnamon sticks
- 2 teaspoons ground coriander
- 3 teaspoons salt (taste)
- 1.5 teaspoons chili powder
- 1 dashes all the tabasco sauce you handle
- 8 servings cheese shredded
- 8 servings cilantro leaves
- 8 servings cream sour
- 8 servings turtle beans with desired garnishes. for 8 hours or until beans are tender. taste and adjust seasonings if necessary. serve topped

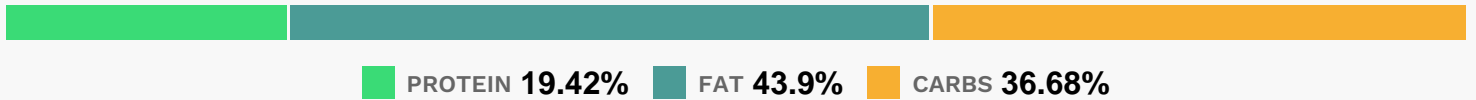
Equipment

- slow cooker

Directions

- Rinse the beans, and soak overnight. Rinse again and place beans in slow cooker.
- Add rest of ingredients and stir well. Cook on low for 8 hours or until beans are tender. Taste and adjust seasonings if necessary.
- Serve topped with desired garnishes.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:15.516956521739%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Taste

Sweetness: 93.88%, Saltiness: 70.35%, Sourness: 100%, Bitterness: 53.18%, Savoriness: 34.13%, Fattiness: 40.9%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 179.13kcal (8.96%), Fat: 9.31g (14.32%), Saturated Fat: 5.05g (31.59%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 12.98g (4.72%), Sugar: 8.9g (9.89%), Cholesterol: 29.2mg (9.73%), Sodium: 1667.05mg (72.48%), Protein: 9.27g (18.54%), Vitamin A: 9138.01IU (182.76%), Calcium: 219.74mg (21.97%), Manganese: 0.38mg (18.96%), Fiber: 4.53g (18.1%), Phosphorus: 170.52mg (17.05%), Vitamin C: 13.9mg (16.85%), Vitamin K: 15.63µg (14.89%), Iron: 2.66mg (14.75%), Potassium: 489.77mg (13.99%), Copper: 0.28mg (13.9%), Vitamin E: 2.08mg (13.86%), Vitamin B6: 0.24mg (12.1%), Magnesium: 45.48mg (11.37%), Vitamin B2: 0.19mg (11.31%), Vitamin B12: 0.66µg (11.06%), Selenium: 6.48µg (9.26%), Zinc: 1.33mg (8.87%), Vitamin B3: 1.57mg (7.85%), Vitamin B1: 0.11mg (7.46%), Folate: 26.17µg (6.54%), Vitamin B5: 0.6mg (6%)