



 **95%**  
HEALTH SCORE

## Vegetarian Black-Bean Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon olive oil
- 1 small onion diced
- 2 garlic clove minced
- 1 serving coarse mustard
- 2 zucchini halved lengthwise thinly sliced ( 1 pound total)
- 2 carrots thinly sliced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin

- 38 ounces black beans rinsed drained canned
- 28 ounces canned tomatoes crushed canned
- 10 ounces corn kernels frozen thawed

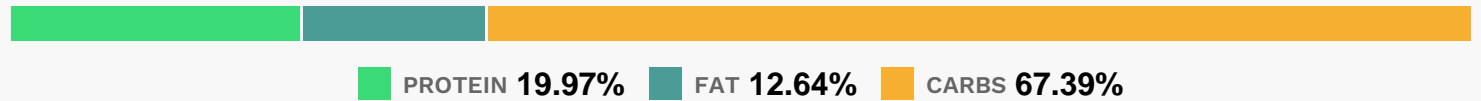
## Equipment

- dutch oven

## Directions

- In a 5-quart Dutch oven or heavy pot, heat oil over medium-high.
- Add onion and garlic; season with salt and pepper. Cook, stirring occasionally, until beginning to soften, about 4 minutes.
- Add zucchini, carrots, chili powder, and cumin. Cook, stirring occasionally, until carrots are crisp-tender, 6 to 8 minutes.
- Add beans, tomatoes, corn, and 1 cup water. Simmer until slightly thickened and carrots are soft, 8 to 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:48.46, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:38.946086759153%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

## Nutrients (% of daily need)

Calories: 433.69kcal (21.68%), Fat: 6.55g (10.08%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 78.58g (26.19%), Net Carbohydrates: 51.85g (18.85%), Sugar: 16.7g (18.56%), Cholesterol: 0mg (0%), Sodium: 1518.73mg (66.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.57%), Vitamin A: 6361.38IU (127.23%), Fiber: 26.74g (106.95%), Manganese: 1.39mg (69.6%), Folate: 249.69µg (62.42%), Vitamin C: 47.82mg (57.97%), Potassium: 1939.3mg (55.41%), Iron: 9.12mg (50.68%), Copper: 1.01mg (50.29%), Phosphorus: 452.1mg (45.21%), Magnesium:

172mg (43%), Vitamin B1: 0.64mg (42.53%), Vitamin B6: 0.76mg (37.92%), Vitamin B2: 0.63mg (36.88%), Vitamin B3: 5.84mg (29.19%), Vitamin E: 4.16mg (27.71%), Vitamin K: 23.12µg (22.02%), Calcium: 208.42mg (20.84%), Zinc: 2.77mg (18.46%), Vitamin B5: 1.63mg (16.34%), Selenium: 6.5µg (9.29%)