



Vegetarian Black Bean Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup apple sauce
- 1 pinch asafetida
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 15 ounce black beans canned
- 2 carrots chopped
- 0.5 teaspoon rosemary dried
- 0.5 teaspoon sage dried

- 0.3 teaspoon thyme dried
- 1 cup mushrooms fresh chopped
- 1 cup mushrooms fresh chopped
- 2 cloves garlic minced
- 1 teaspoon ground pepper
- 0.5 teaspoon ground cloves
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 1 onion chopped
- 1 teaspoon oregano dried
- 1 sweet potatoes and into diced peeled
- 6 ounce canned tomatoes canned
- 1 to 3 sized squashes yellow chopped

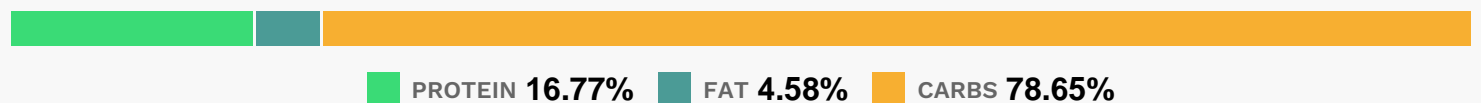
Equipment

- pot

Directions

- In a large pot over medium-low heat, mix the applesauce, brown sugar, coriander, cayenne pepper, cumin, oregano, cloves, rosemary, sage, thyme and asafoetida powder. Cook just until heated through. Stir in black beans and tomato paste.
- Mix in garlic, onion, squash, carrots, sweet potato and mushrooms.
- Pour in enough water to cover. Bring to a boil, reduce heat to low and simmer 45 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:67.97, Glycemic Load:5.95, Inflammation Score:-10, Nutrition Score:17.874782609551%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 166kcal (8.3%), Fat: 0.91g (1.39%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 25.93g (9.43%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 350.62mg (15.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Vitamin A: 9027.77IU (180.56%), Fiber: 9.08g (36.34%), Manganese: 0.64mg (32.2%), Potassium: 762.59mg (21.79%), Copper: 0.41mg (20.31%), Vitamin B2: 0.33mg (19.46%), Folate: 75.42µg (18.86%), Vitamin C: 15.25mg (18.49%), Vitamin B6: 0.35mg (17.47%), Iron: 3.03mg (16.81%), Phosphorus: 165.4mg (16.54%), Vitamin B1: 0.23mg (15.14%), Magnesium: 60mg (15%), Vitamin B3: 2.65mg (13.23%), Vitamin B5: 1.14mg (11.42%), Vitamin K: 9.54µg (9.08%), Calcium: 86.52mg (8.65%), Selenium: 5.03µg (7.19%), Zinc: 1.02mg (6.77%), Vitamin E: 0.86mg (5.73%)