






 **37%**
HEALTH SCORE

Vegetarian Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

35 min.

SERVINGS

6

CALORIES

235 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion diced yellow
- 4 garlic clove roughly chopped
- 1.5 teaspoons ground cumin
- 1 teaspoon chipotle sauce
- 1 serving coarse mustard
- 1 medium zucchini cut into 1/2-inch dice
- 6 ounces tomato paste

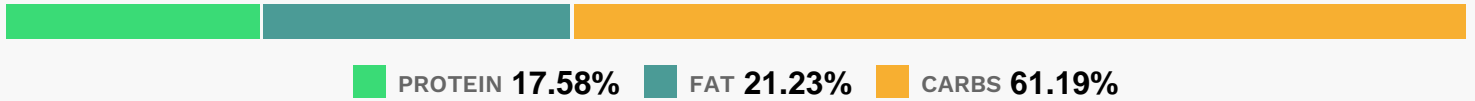
- 15.5 ounces black beans rinsed drained canned
- 15.5 ounces pinto beans rinsed drained canned
- 14.5 ounces canned tomatoes diced with green chiles canned
- 14.5 ounces tomatoes diced canned

Equipment

Directions

- Vegetarian Black-Bean Chili
- Vegetarian Chili With Avocado Cream
- Spicy Vegetarian Chili
- Weeknight Vegetarian Chili
- Vegan Sweet Potato Chili

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:6.05, Inflammation Score:-8, Nutrition Score:18.132608869801%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 235.45kcal (11.77%), Fat: 5.91g (9.09%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 26.36g (9.59%), Sugar: 9.44g (10.49%), Cholesterol: 0mg (0%), Sodium: 820.78mg (35.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.02%), Fiber: 11.96g (47.83%), Manganese: 0.73mg (36.49%), Vitamin C: 29.31mg (35.53%), Potassium: 1103.05mg (31.52%), Iron: 5.21mg (28.93%), Copper: 0.49mg (24.63%), Vitamin E: 3.3mg (22.03%), Folate: 88.11µg (22.03%), Phosphorus: 220.22mg (22.02%), Magnesium: 87.22mg (21.81%), Vitamin B6: 0.41mg (20.53%), Vitamin B1: 0.25mg (16.74%), Vitamin B2: 0.26mg (15.2%), Vitamin

B3: 2.71mg (13.54%), Vitamin A: 668.4IU (13.37%), Calcium: 131.03mg (13.1%), Vitamin K: 13.1µg (12.48%), Zinc: 1.36mg (9.1%), Vitamin B5: 0.54mg (5.4%), Selenium: 3.34µg (4.77%)