



 **64%**
HEALTH SCORE

Vegetarian Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



70 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 30 ounce black beans rinsed drained canned
- 29 ounce canned tomatoes diced canned
- 3 tablespoons chili powder
- 1 tablespoon garlic powder
- 1.5 tablespoons ground cumin
- 5 onion chopped
- 15 ounce kidney beans light red canned

- 30 ounce kidney beans dark red canned
- 8 servings salt and pepper to taste
- 12 ounce crumbles frozen burger-style
- 12 fluid ounce canned tomatoes canned

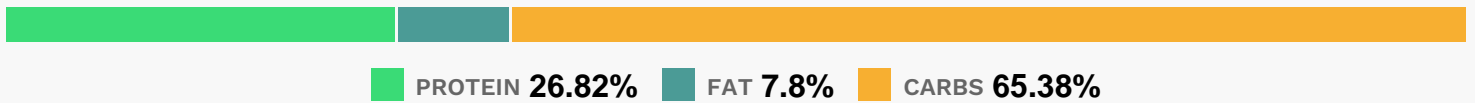
Equipment

- pot

Directions

- In a large pot, combine meat substitute, black beans, kidney beans, diced tomatoes, tomato juice, onions, chili powder, cumin, garlic powder, bay leaves, salt and pepper. Bring to a simmer and cover.
- Let the chili simmer for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:21.95, Glycemic Load:12.17, Inflammation Score:-9, Nutrition Score:39.468695516172%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 24.83mg, Quercetin: 24.83mg, Quercetin: 24.83mg, Quercetin: 24.83mg

Nutrients (% of daily need)

Calories: 449.44kcal (22.47%), Fat: 4.1g (6.31%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 77.37g (25.79%), Net Carbohydrates: 51.02g (18.55%), Sugar: 10.63g (11.81%), Cholesterol: 0mg (0%), Sodium: 1035.44mg (45.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.75g (63.49%), Fiber: 26.36g (105.43%), Folate: 305.81µg (76.45%), Manganese: 1.47mg (73.36%), Vitamin B1: 1.09mg (72.53%), Iron: 12.31mg (68.39%), Vitamin B12: 3.53µg (58.83%), Phosphorus: 512.53mg (51.25%), Vitamin B6: 0.98mg (48.89%), Potassium: 1672.62mg (47.79%), Copper: 0.93mg (46.57%), Vitamin B3: 8.8mg (44%), Magnesium: 154.66mg (38.67%), Vitamin C: 23.54mg (28.53%), Vitamin B2: 0.43mg (25.25%), Vitamin A: 1227.27IU (24.55%), Vitamin K: 24.7µg (23.53%), Zinc: 3.48mg (23.18%),

Vitamin E: 3.09mg (20.59%), Calcium: 169.19mg (16.92%), Vitamin B5: 1.07mg (10.74%), Selenium: 5.43µg (7.76%)