



Vegetarian Chili

 Vegetarian  Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce cannellini beans rinsed drained canned
- 15 ounce kidney beans rinsed drained canned
- 28 ounce canned tomatoes diced canned
- 1 tablespoon chili powder
- 0.3 cup couscous
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic clove minced

- 1 bell pepper green chopped
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon hot sauce
- 1 cup lima beans *soaked overnight frozen
- 0.5 cup monterrey jack cheese shredded
- 1 cup onion chopped
- 2 tablespoons oregano
- 4 servings bell pepper
- 4 servings bell pepper
- 4 servings salt
- 4 cups vegetable stock

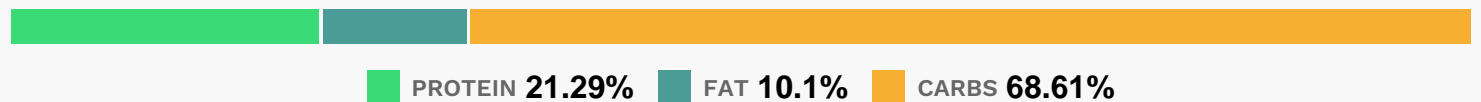
Equipment

- slow cooker

Directions

- In a slow cooker, combine tomatoes, all beans, onion, bell pepper, garlic, chili powder, oregano, cumin, coriander, and hot sauce. Cover and cook on low for 6 to 8 hours on on high for 3 to 4 hours. Ten minutes before serving, add couscous, cover, and cook until couscous is tender. Season to taste with salt and pepper. Just before serving, top each serving with shredded cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:115.63, Glycemic Load:27.94, Inflammation Score:-10, Nutrition Score:52.013912649258%

Flavonoids

Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg

Nutrients (% of daily need)

Calories: 621.09kcal (31.05%), Fat: 7.37g (11.33%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 112.55g (37.52%), Net Carbohydrates: 80.24g (29.18%), Sugar: 23.41g (26.02%), Cholesterol: 12.57mg (4.19%), Sodium: 2239.61mg (97.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.87%), Vitamin C: 241.41mg (292.61%), Vitamin A: 6556.1IU (131.12%), Fiber: 32.31g (129.25%), Manganese: 2.31mg (115.62%), Folate: 318.46µg (79.61%), Iron: 13.38mg (74.34%), Potassium: 2476.09mg (70.75%), Vitamin B6: 1.27mg (63.32%), Copper: 1.24mg (61.93%), Phosphorus: 603.21mg (60.32%), Magnesium: 234.05mg (58.51%), Vitamin B1: 0.75mg (50.05%), Vitamin K: 50.81µg (48.39%), Vitamin E: 7.22mg (48.16%), Calcium: 415.73mg (41.57%), Vitamin B2: 0.62mg (36.51%), Vitamin B3: 6.52mg (32.62%), Zinc: 4.68mg (31.19%), Vitamin B5: 2.1mg (20.99%), Selenium: 10.88µg (15.55%), Vitamin B12: 0.12µg (1.95%)