



 **99%**
HEALTH SCORE

Vegetarian Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tablespoon brown sugar
- 15 oz black beans drained and rinsed canned
- 15 oz pinto beans drained and rinsed canned
- 15 oz beans red drained and rinsed canned
- 1 cup carrots grated
- 1 tablespoon chili powder
- 0.5 tablespoon chipotle pepper in adobo
- 0.5 cup cilantro leaves fresh chopped

- 2 garlic cloves minced
- 1 tablespoon ground cumin
- 3 tablespoons olive oil
- 0.5 cup onion chopped
- 0.5 teaspoon ground oregano
- 0.5 cup bell pepper red chopped
- 4 servings salt and pepper
- 3 cups tomato purée
- 2 cups water

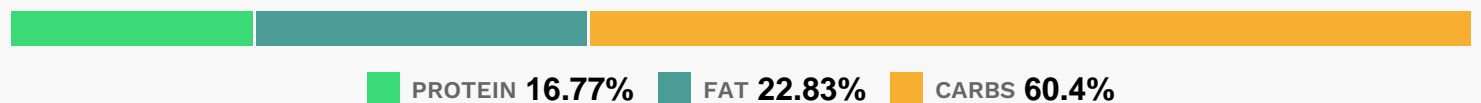
Equipment

- food processor
- pot

Directions

- Put one can of the black beans in a food processor with the chipotle and adobo. Process until smooth and set aside.
- Heat the oil in a medium pot over medium-high heat.
- Add the onion and cook for about 3 minutes. Then add the red bell pepper, garlic and carrots and cook for about 3 more minutes. Reduce the heat to medium.
- Add the cumin, chili powder and oregano and cook for 30 seconds.
- Add all the beans, brown sugar and the tomato purée. Cook for 5 minutes.
- Add the salt, pepper and water. Cook for 15 minutes more, stirring occasionally.
- Add the fresh cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:68.71, Glycemic Load:12.17, Inflammation Score:-10, Nutrition Score:38.887391028197%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.35mg, Quercetin: 13.35mg, Quercetin: 13.35mg, Quercetin: 13.35mg

Nutrients (% of daily need)

Calories: 485.05kcal (24.25%), Fat: 13g (20%), Saturated Fat: 1.9g (11.84%), Carbohydrates: 77.4g (25.8%), Net Carbohydrates: 52.94g (19.25%), Sugar: 17.49g (19.43%), Cholesterol: 0mg (0%), Sodium: 1280.86mg (55.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.99%), Vitamin A: 7687.36IU (153.75%), Fiber: 24.46g (97.82%), Manganese: 1.45mg (72.56%), Vitamin C: 53.65mg (65.02%), Copper: 1.19mg (59.26%), Potassium: 2018.34mg (57.67%), Iron: 10.24mg (56.88%), Vitamin E: 7.43mg (49.53%), Phosphorus: 442.92mg (44.29%), Magnesium: 168.82mg (42.2%), Folate: 160.67µg (40.17%), Vitamin B6: 0.67mg (33.27%), Vitamin K: 34.78µg (33.13%), Vitamin B1: 0.43mg (28.37%), Vitamin B3: 5.22mg (26.08%), Vitamin B2: 0.44mg (26.04%), Calcium: 203.47mg (20.35%), Zinc: 2.9mg (19.32%), Vitamin B5: 1.56mg (15.56%), Selenium: 4.82µg (6.89%)