



Vegetarian Cincinnati Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 bay leaves
- 30 oz kidney beans drained and rinsed canned
- 2 tablespoons chili powder
- 1 teaspoon cinnamon
- 0.1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 onions chopped
- 1 teaspoon pepper

- 6 servings optional: spaghetti shredded cooked
- 46 oz sacramento tomato juice canned
- 1.5 teaspoon vinegar white
- 0.3 teaspoon worcestershire sauce

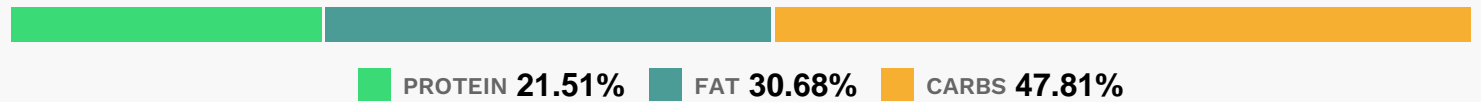
Equipment

- slow cooker

Directions

- Combine first 13 ingredients in a 3-quart slow cooker. Cover and cook on low setting 5 hours. Discard bay leaves before serving. If desired, serve over cooked spaghetti; sprinkle with cheese and serve with oyster crackers.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:12.11, Inflammation Score:-9, Nutrition Score:24.498260923054%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 325.42kcal (16.27%), Fat: 11.81g (18.18%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 28.22g (10.26%), Sugar: 13.3g (14.78%), Cholesterol: 30mg (10%), Sodium: 894.43mg (38.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.28%), Fiber: 13.21g (52.82%), Manganese: 1mg (50.11%), Phosphorus: 373.48mg (37.35%), Calcium: 349.13mg (34.91%), Copper: 0.66mg (32.98%), Potassium: 1122.27mg (32.06%), Vitamin A: 1571.32IU (31.43%), Iron: 5.48mg (30.44%), Vitamin C: 22.62mg (27.41%), Vitamin B6: 0.54mg (27.17%), Vitamin E: 4.01mg (26.76%), Magnesium: 102.08mg (25.52%), Vitamin B1: 0.34mg (22.67%), Vitamin B2: 0.37mg (21.94%), Vitamin K: 21.61µg (20.58%), Folate: 75.95µg (18.99%), Vitamin B3: 3.73mg (18.65%), Zinc: 2.74mg (18.29%), Selenium: 12.06µg (17.23%), Vitamin B5: 0.96mg (9.65%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.18µg (1.2%)