



## Vegetarian Soy Protein Chili

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 45 oz black beans canned
- 2 tablespoons vegetable oil
- 1 cup onion sweet chopped
- 3 cloves garlic finely chopped
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 0.5 teaspoon pepper
- 0.3 teaspoon salt

- 29 oz canned tomatoes diced with jalapeños, undrained canned
- 12 oz crumbles
- 1 extra large vegetable cube
- 2 cups water
- 1 serving cream sour
- 1 serving cheddar cheese shredded
- 1 serving jalapeno sliced

## Equipment

- dutch oven

## Directions

- Drain and rinse 2 cans black beans (do not drain third can); set aside.
- In 4- to 6-quart Dutch oven, heat oil over medium-high heat.
- Add onion and garlic; cook 6 to 8 minutes, stirring frequently, until tender. Stir in chili powder, cumin, pepper and salt; cook 3 minutes.
- Stir in diced tomatoes, burger crumbles, bouillon cube, water and drained and undrained beans.
- Heat to boiling over medium-high heat; reduce heat to medium-low. Simmer 30 minutes, stirring occasionally.
- Serve with desired toppings.

## Nutrition Facts



**PROTEIN 25.85%** **FAT 22.69%** **CARBS 51.46%**

## Properties

Glycemic Index:16.4, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:19.783043327215%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol:

0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

## Nutrients (% of daily need)

Calories: 239.84kcal (11.99%), Fat: 6.32g (9.72%), Saturated Fat: 1.44g (8.97%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 19.76g (7.18%), Sugar: 4.96g (5.51%), Cholesterol: 3.71mg (1.24%), Sodium: 907.08mg (39.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.37%), Fiber: 12.47g (49.86%), Vitamin B12: 2.86µg (47.63%), Vitamin B1: 0.67mg (44.78%), Iron: 5.61mg (31.15%), Vitamin B3: 5.88mg (29.39%), Vitamin B6: 0.52mg (25.96%), Phosphorus: 256.44mg (25.64%), Manganese: 0.51mg (25.44%), Folate: 93.24µg (23.31%), Copper: 0.43mg (21.35%), Potassium: 745.7mg (21.31%), Vitamin B2: 0.29mg (16.97%), Magnesium: 66.3mg (16.57%), Vitamin C: 12.39mg (15.01%), Vitamin E: 1.6mg (10.69%), Calcium: 106.28mg (10.63%), Vitamin K: 10.58µg (10.08%), Zinc: 1.48mg (9.87%), Vitamin A: 462.62IU (9.25%), Vitamin B5: 0.51mg (5.1%), Selenium: 3.43µg (4.9%)