



Veggie Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 25 oz texas chili starter with red bean and bock beer
- ☐ 12 oz meatless ground crumbles frozen
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 large baby squash yellow chopped
- ☐ 2 large zucchini chopped

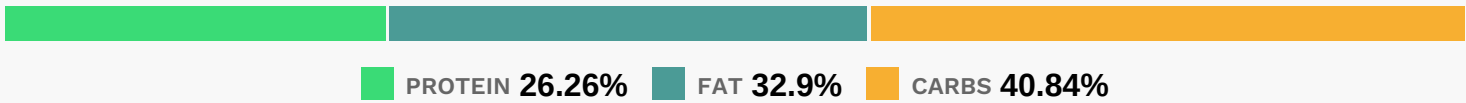
Equipment

☐ dutch oven

Directions

- ☐ Saut zucchini, squash, and onion in hot oil in a large Dutch oven over medium-high heat 3 to 4 minutes or until tender.
- ☐ Add salt and crumbles; cook 1 minute. Stir in chili starter. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer, stirring occasionally, 10 minutes.
- ☐ Note: We tested with Frontera All Natural Texas Chili Starter with Red Bean and Bock Beer.

Nutrition Facts



Properties

Glycemic Index:3.97, Glycemic Load:1.03, Inflammation Score:-4, Nutrition Score:6.7543478478556%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 40.96kcal (2.05%), Fat: 1.62g (2.49%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.36g (2.63%), Cholesterol: 0mg (0%), Sodium: 91.46mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Vitamin C: 40mg (48.49%), Vitamin B12: 0.94µg (15.69%), Vitamin B6: 0.27mg (13.74%), Vitamin B1: 0.17mg (11.58%), Vitamin B3: 1.76mg (8.82%), Vitamin A: 289.61IU (5.79%), Potassium: 189.23mg (5.41%), Manganese: 0.11mg (5.38%), Iron: 0.97mg (5.37%), Fiber: 1.31g (5.22%), Vitamin K: 5.14µg (4.89%), Phosphorus: 46.68mg (4.67%), Vitamin B2: 0.08mg (4.63%), Folate: 14.67µg (3.67%), Magnesium: 11.64mg (2.91%), Copper: 0.05mg (2.47%), Vitamin E: 0.34mg (2.25%), Zinc: 0.29mg (1.97%), Vitamin B5: 0.11mg (1.14%)