



Veggie Chili

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup bulgur wheat
- ☐ 1 cup pumpkin puree canned ()
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup regular corn frozen
- ☐ 1 Teaspoon garlic minced
- ☐ 1 Teaspoon ground cumin
- ☐ 2 Teaspoon olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 cup tomatoes crushed
- ☐ 5 cups water
- ☐ 1 zucchini diced

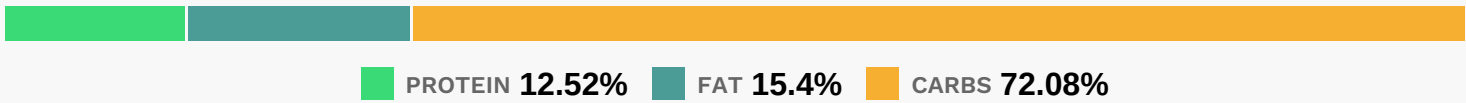
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Put 3 cups of the water and bulgur in a medium microwave-safe bowl. Cover and microwave on high until bulgur is tender, about 13 minutes. Meanwhile, heat oil in a large nonstick skillet.
- ☐ Add onion and pepper; saute 5 minutes.
- ☐ Add chili powder, garlic and cumin; saute until fragrant.
- ☐ Add remaining 2 cups water, the tomatoes, pumpkin, zucchini and corn; bring to a boil over medium-high heat. Reduce heat and simmer 10 minutes, stirring occasionally, until vegetables are tender. Stir in beans and bulgur; heat through.
- ☐ Remove from heat and stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:14.347391211468%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 108.21kcal (5.41%), Fat: 2.06g (3.17%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 16.33g (5.94%), Sugar: 5.09g (5.66%), Cholesterol: 0mg (0%), Sodium: 72.43mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Vitamin A: 6946.84IU (138.94%), Vitamin C: 29.5mg (35.76%), Manganese: 0.62mg (31.16%), Fiber: 5.35g (21.4%), Magnesium: 53.18mg (13.3%), Vitamin K: 13.85µg (13.2%), Vitamin B6: 0.26mg (13.1%), Potassium: 432.93mg (12.37%), Copper: 0.23mg (11.28%), Iron: 1.92mg (10.69%), Phosphorus: 96.42mg (9.64%), Vitamin E: 1.4mg (9.35%), Vitamin B3: 1.78mg (8.91%), Folate: 35.34µg (8.84%), Vitamin B1: 0.11mg (7.49%), Vitamin B2: 0.12mg (6.83%), Vitamin B5: 0.57mg (5.67%), Calcium: 48.51mg (4.85%), Zinc: 0.7mg (4.69%), Selenium: 1.02µg (1.46%)