

Veggie Vegetarian Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



16

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans undrained canned
- ☐ 15 ounce kidney beans undrained canned
- ☐ 15 ounce pinto beans undrained canned
- ☐ 28 ounce canned tomatoes whole with liquid, chopped peeled canned
- ☐ 1 cup carrots chopped
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon cumin
- ☐ 1.5 tablespoons basil dried

- ☐ 1.5 cups mushrooms fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.5 tablespoon garlic powder
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup onion chopped
- ☐ 1.5 tablespoons oregano dried
- ☐ 1 cup bell pepper red chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 15 ounce kernel corn whole drained canned

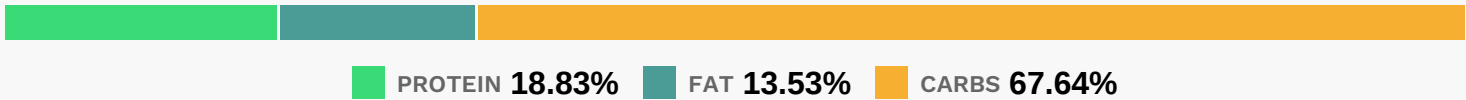
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender.
- ☐ Mix in the green bell pepper and red bell pepper. Season with chili powder. Continue cooking 5 minutes, or until peppers are tender.
- ☐ Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans with liquid, kidney beans with liquid, pinto beans with liquid, and corn. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:3.33, Inflammation Score:-9, Nutrition Score:12.443478373892%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 124.67kcal (6.23%), Fat: 1.99g (3.06%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 15.78g (5.74%), Sugar: 3.66g (4.06%), Cholesterol: 0mg (0%), Sodium: 380.29mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Vitamin A: 2033.9IU (40.68%), Vitamin C: 27.22mg (32.99%), Fiber: 6.56g (26.25%), Manganese: 0.43mg (21.44%), Vitamin K: 17.32µg (16.5%), Iron: 2.88mg (16.02%), Potassium: 500.39mg (14.3%), Folate: 54.07µg (13.52%), Phosphorus: 127.86mg (12.79%), Copper: 0.25mg (12.33%), Vitamin B6: 0.23mg (11.73%), Magnesium: 46.37mg (11.59%), Vitamin B1: 0.14mg (9.41%), Vitamin B2: 0.16mg (9.28%), Vitamin E: 1.32mg (8.82%), Vitamin B3: 1.66mg (8.29%), Calcium: 76.1mg (7.61%), Zinc: 0.83mg (5.56%), Vitamin B5: 0.41mg (4.07%), Selenium: 1.99µg (2.84%)