



Wicked Good Veggie Chili

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 ounce tomatoes diced with juice canned
- ☐ 24 ounce kidney beans with liquid canned
- ☐ 2 carrots finely chopped
- ☐ 2 teaspoons chili powder
- ☐ 1 bunch cilantro leaves chopped
- ☐ 0.3 teaspoon cinnamon
- ☐ 8 ounce dairy cream sour
- ☐ 6 cloves garlic minced

- ☐ 1 bell pepper green chopped
- ☐ 1 bunch green onions chopped
- ☐ 2 teaspoons ground pepper
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon honey
- ☐ 2.5 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup texturized vegetable protein (TVP)
- ☐ 1 cup water

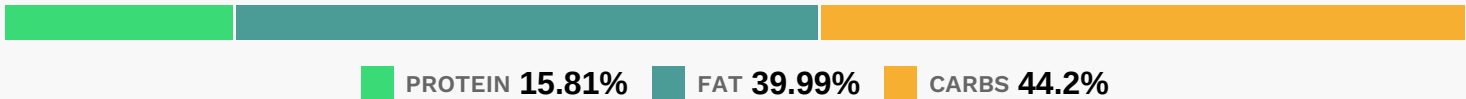
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place the textured vegetable protein (TVP) in water, and soak 30 minutes. Press to drain.
- ☐ Heat the oil in a large pot over medium heat, and saute TVP, onion, and garlic until onion is tender and TVP is evenly browned. Season with salt, pepper, 1/2 the chili powder, 1/2 the cumin, 1/2 the cayenne pepper, and cinnamon.
- ☐ Mix in honey, beans, tomatoes, green bell pepper, and carrots. Cook, stirring, occasionally, 45 minutes.
- ☐ Season the chili with remaining chili powder, cumin, and cayenne pepper, and continue cooking 15 minutes. To serve, divide into bowls, garnish with green onions and cilantro, and top with dollops of sour cream.

Nutrition Facts



Properties

Glycemic Index:44.51, Glycemic Load:6.5, Inflammation Score:-9, Nutrition Score:14.963478243869%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 229.72kcal (11.49%), Fat: 10.67g (16.41%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 18.7g (6.8%), Sugar: 9.29g (10.32%), Cholesterol: 16.73mg (5.58%), Sodium: 663.06mg (28.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Vitamin A: 3340.9IU (66.82%), Fiber: 7.82g (31.29%), Vitamin C: 24.7mg (29.94%), Manganese: 0.5mg (25.06%), Vitamin K: 22.92µg (21.82%), Iron: 3.28mg (18.25%), Potassium: 567.69mg (16.22%), Vitamin B6: 0.3mg (15.13%), Phosphorus: 151.19mg (15.12%), Vitamin E: 1.9mg (12.64%), Calcium: 124.89mg (12.49%), Copper: 0.24mg (12.15%), Magnesium: 47.98mg (11.99%), Vitamin B1: 0.17mg (11.47%), Vitamin B2: 0.19mg (11%), Folate: 41.04µg (10.26%), Vitamin B3: 1.46mg (7.32%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.41mg (4.11%), Selenium: 2.71µg (3.87%)