



30-Minute Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz black beans undrained canned
- ☐ 29 oz tomatoes diced with green pepper, celery and onion canned
- ☐ 15.5 oz beans red undrained canned
- ☐ 16 oz tomato sauce canned
- ☐ 0.8 cup chili powder
- ☐ 8 servings cheddar cheese shredded
- ☐ 2 tablespoons garlic dried minced
- ☐ 2 tablespoons dehydrated onion dried minced

- ☐ 2 tablespoons ground cumin
- ☐ 2 pounds ground beef lean
- ☐ 2 tablespoons oregano dried
- ☐ 2 tablespoons lawry's seasoned salt
- ☐ 2 tablespoons sugar

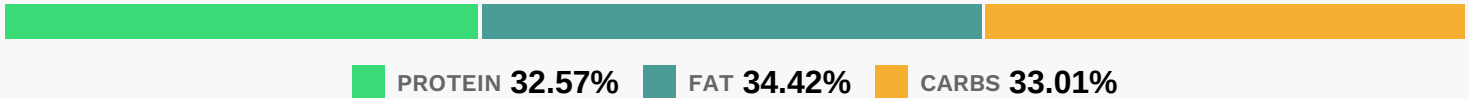
Equipment

- ☐ dutch oven

Directions

- ☐ Cook beef in a Dutch oven over medium-high heat, stirring often, 4 to 5 minutes or until beef crumbles and is no longer pink; drain well. Meanwhile, combine seasonings in a jar. Return beef to Dutch oven; sprinkle with 1/3 cup seasoning mixture. Cook one minute over medium high heat. Stir in beans and remaining ingredients except corn chips and cheese; bring to a boil over medium high heat, stirring occasionally. Cover, reduce heat to low and simmer, stirring occasionally, 15 minutes. Top with corn chips and shredded Cheddar cheese, if desired. Seasoning mix will keep up to 4 months in an airtight container.

Nutrition Facts



Properties

Glycemic Index:26.14, Glycemic Load:6.09, Inflammation Score:-10, Nutrition Score:43.767826121786%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 498.94kcal (24.95%), Fat: 20.12g (30.95%), Saturated Fat: 9.03g (56.44%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 26.02g (9.46%), Sugar: 10.77g (11.97%), Cholesterol: 100.31mg (33.44%), Sodium: 3157.28mg (137.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.84g (85.69%), Vitamin A: 7285.56IU (145.71%), Vitamin E: 10.82mg (72.15%), Fiber: 17.4g (69.62%), Iron: 11.49mg (63.85%), Vitamin B6: 1.25mg (62.35%),

Phosphorus: 604.16mg (60.42%), Zinc: 8.94mg (59.57%), Vitamin B3: 10.89mg (54.45%), Selenium: 35.23µg (50.33%), Manganese: 0.98mg (48.85%), Vitamin B12: 2.86µg (47.64%), Potassium: 1614.14mg (46.12%), Vitamin B2: 0.74mg (43.4%), Calcium: 410.9mg (41.09%), Vitamin K: 39.23µg (37.36%), Copper: 0.68mg (34.15%), Magnesium: 133.83mg (33.46%), Vitamin B1: 0.33mg (22.31%), Folate: 86.5µg (21.62%), Vitamin C: 16.76mg (20.31%), Vitamin B5: 1.56mg (15.65%), Vitamin D: 0.29µg (1.96%)