



## A.1. Chili

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



36 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15.5 oz kidney beans rinsed canned
- 14 oz canned tomatoes diced undrained canned
- 3 Tbsp chili powder
- 1 clove garlic minced
- 1 large bell pepper green chopped
- 0.3 cup a.1. original sauce
- 1.5 lb ground beef lean
- 1 large onion chopped

0.5 cup water

## Equipment

sauce pan

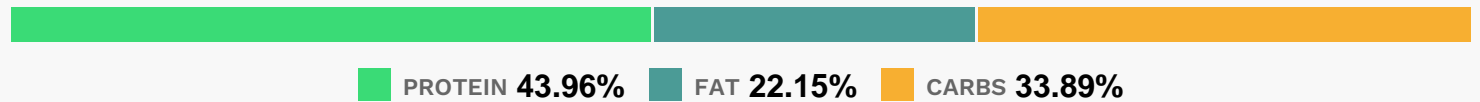
## Directions

Brown meat with peppers, onions and garlic in large saucepan. Stir in chili powder; cook and stir 1 min.

Stir in tomatoes and water. Bring to boil; cover. Simmer on low heat 15 min., stirring occasionally.

Add beans and steak sauce; mix well. Simmer, covered, 5 min.

## Nutrition Facts



## Properties

Glycemic Index:2.64, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:2.9704347787344%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 35.93kcal (1.8%), Fat: 0.89g (1.37%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.06g (1.18%), Cholesterol: 9.37mg (3.12%), Sodium: 77.75mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Zinc: 0.88mg (5.85%), Vitamin B12: 0.34µg (5.64%), Vitamin B3: 1.03mg (5.13%), Vitamin B6: 0.1mg (5.05%), Vitamin C: 4.1mg (4.97%), Phosphorus: 45.36mg (4.54%), Selenium: 2.88µg (4.12%), Iron: 0.68mg (3.78%), Fiber: 0.91g (3.65%), Vitamin A: 182.01IU (3.64%), Potassium: 116.2mg (3.32%), Manganese: 0.06mg (2.78%), Vitamin B2: 0.04mg (2.51%), Magnesium: 8.76mg (2.19%), Vitamin E: 0.32mg (2.15%), Copper: 0.04mg (2.09%), Vitamin B1: 0.03mg (1.71%), Vitamin K: 1.55µg (1.48%), Vitamin B5: 0.13mg (1.33%), Folate: 5.15µg (1.29%)