



Barbecue Chili with Corn

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 22 oz disposable grill pan undrained canned
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- 8 oz tomato sauce canned
- 9 oz corn frozen
- 1 tablespoon chili powder
- 1 teaspoon ground cumin

- 2 oz cheddar cheese shredded
- 2 cups corn chips

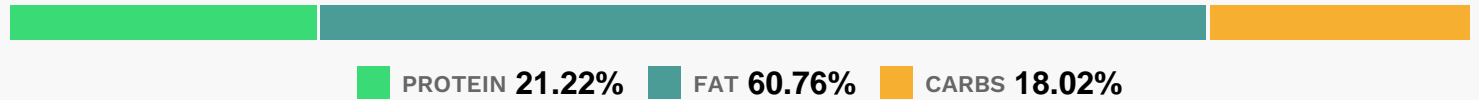
Equipment

- sauce pan

Directions

- In heavy 3-quart saucepan, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Stir in remaining ingredients except cheese and corn chips.
- Heat to boiling; reduce heat. Simmer uncovered 5 to 10 minutes, stirring occasionally, until corn is tender. Top individual servings with cheese and corn chips.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:19.608260792235%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 798.3kcal (39.91%), Fat: 54.44g (83.75%), Saturated Fat: 26.67g (166.7%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 31.81g (11.57%), Sugar: 4.79g (5.32%), Cholesterol: 63.12mg (21.04%), Sodium: 1820.9mg (79.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.77g (85.54%), Calcium: 1201.56mg (120.16%), Zinc: 4.38mg (29.23%), Vitamin B12: 1.72µg (28.63%), Phosphorus: 280.23mg (28.02%), Selenium: 17.23µg (24.62%), Vitamin E: 3.57mg (23.81%), Vitamin B6: 0.47mg (23.71%), Vitamin B3: 4.74mg (23.69%), Iron: 3.36mg (18.69%), Vitamin A: 934.21IU (18.68%), Fiber: 4.51g (18.06%), Potassium: 561.81mg (16.05%), Manganese: 0.31mg (15.58%), Magnesium: 61.67mg (15.42%), Vitamin B2: 0.26mg (15.25%), Vitamin C: 8.95mg (10.85%), Folate: 35.51µg (8.88%), Vitamin B5: 0.87mg (8.7%), Copper: 0.17mg (8.53%), Vitamin B1: 0.12mg (7.97%), Vitamin K: 6.03µg (5.74%)