



Beef and Black Bean Chili



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



7

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce no-salt-added black beans undrained canned
- ☐ 1 tablespoon chili seasoning
- ☐ 1 pound ground round
- ☐ 1 cup chunky salsa hot
- ☐ 16 ounce no-salt-added tomato sauce canned

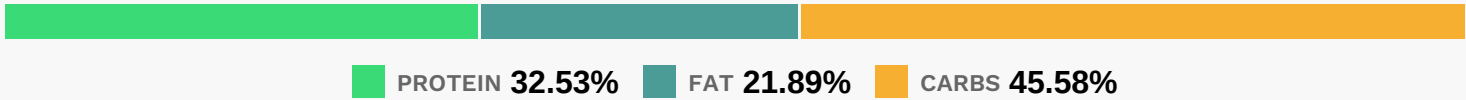
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook meat in a large saucepan over medium-high heat until meat is browned, stirring until it crumbles.
- ☐ Drain, if necessary.
- ☐ While meat cooks, drain and mash 1 can of beans.
- ☐ Add mashed beans, undrained beans, salsa, tomato sauce, and seasoning mix to saucepan; stir well. Cook over medium heat 10 minutes or until thoroughly heated.
- ☐ Spoon into serving bowls. If desired, top with sour cream and shredded cheese.

Nutrition Facts



Properties

Glycemic Index:12.86, Glycemic Load:6.61, Inflammation Score:-8, Nutrition Score:21.21347846933%

Nutrients (% of daily need)

Calories: 303.57kcal (15.18%), Fat: 7.53g (11.58%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 22.73g (8.27%), Sugar: 3.83g (4.25%), Cholesterol: 42.12mg (14.04%), Sodium: 595.47mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.36%), Fiber: 12.56g (50.24%), Folate: 192.73µg (48.18%), Manganese: 0.67mg (33.66%), Phosphorus: 321.85mg (32.18%), Zinc: 4.72mg (31.5%), Magnesium: 115.08mg (28.77%), Iron: 4.99mg (27.74%), Potassium: 950.4mg (27.15%), Vitamin B3: 5.06mg (25.29%), Vitamin B12: 1.43µg (23.87%), Vitamin B1: 0.36mg (23.7%), Vitamin B6: 0.47mg (23.66%), Copper: 0.41mg (20.32%), Vitamin A: 958.69IU (19.17%), Selenium: 13µg (18.57%), Vitamin B2: 0.24mg (14.06%), Vitamin E: 1.88mg (12.56%), Vitamin B5: 0.98mg (9.8%), Vitamin C: 5.25mg (6.36%), Calcium: 62.34mg (6.23%), Vitamin K: 4.7µg (4.47%)