



Beef-and-Butternut Squash Chili



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce chili beans sauce canned
- ☐ 1.5 teaspoons chili powder
- ☐ 1 cup corn kernels frozen
- ☐ 1 pound ground beef
- ☐ 2 garlic clove minced
- ☐ 1 bell pepper green chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 cup beef broth low-sodium

- ☐ 1 medium onion chopped
- ☐ 29 ounce stewed tomatoes mexican-style chopped canned

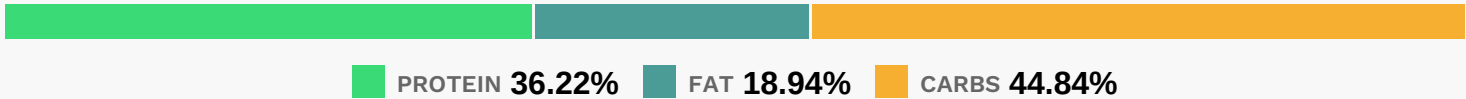
Equipment

- ☐ dutch oven

Directions

- ☐ Cook beef, bell pepper, and next 2 ingredients in a Dutch oven over medium-high heat until meat crumbles and is no longer pink.
- ☐ Drain well, and return to Dutch oven.
- ☐ Stir in tomatoes and next 5 ingredients; bring to a boil over medium-high heat. Cover, reduce heat to medium-low, and simmer, stirring occasionally, 15 minutes. Stir in corn, and cook, uncovered, 15 minutes or until squash is tender and chili is thickened.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:14.453043393467%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 187.06kcal (9.35%), Fat: 4.03g (6.2%), Saturated Fat: 1.46g (9.16%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 16.96g (6.17%), Sugar: 8.49g (9.43%), Cholesterol: 35.15mg (11.72%), Sodium: 780.53mg (33.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.65%), Zinc: 4.35mg (28.97%), Vitamin C: 22.65mg (27.46%), Phosphorus: 240.67mg (24.07%), Iron: 4.23mg (23.51%), Vitamin B6: 0.47mg (23.45%), Potassium: 814.24mg (23.26%), Vitamin B3: 4.41mg (22.06%), Vitamin B12: 1.28µg (21.26%), Fiber: 4.49g (17.97%), Copper: 0.33mg (16.64%), Selenium: 11.61µg (16.59%), Magnesium: 57.97mg (14.49%), Vitamin B2: 0.24mg (14.35%), Vitamin E: 1.36mg (9.09%), Folate: 34.57µg (8.64%), Vitamin B1: 0.12mg (8.03%), Manganese: 0.16mg (7.85%), Vitamin A: 364.12IU (7.28%), Calcium: 68.97mg (6.9%), Vitamin B5: 0.59mg (5.93%), Vitamin K: 4.45µg (4.24%)