



## Beef Chili with Cornmeal Crust

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound beef cubed cooked
- ☐ 8 servings bell pepper red
- ☐ 28 oz tomatoes diced undrained canned
- ☐ 7 oz chilis green drained chopped canned
- ☐ 1 tablespoons chili powder
- ☐ 1 eggs
- ☐ 0.7 cup milk
- ☐ 0.5 cup onion chopped

- ☐ 1 teaspoon vegetable oil
- ☐ 3 tablespoons water
- ☐ 0.8 cup cornmeal yellow
- ☐ 0.8 cup frangelico
- ☐ 1 tablespoon frangelico
- ☐ 0.8 cup frangelico
- ☐ 1 tablespoon frangelico

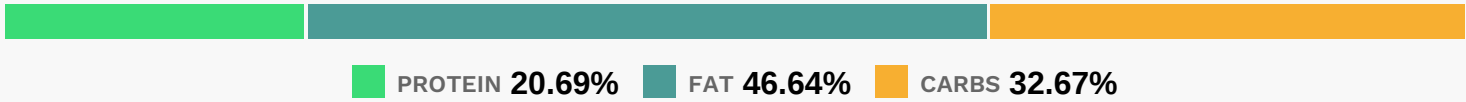
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 350 F. In 10-inch skillet, heat oil.
- ☐ Add onion; cook, stirring constantly, about 2 minutes or until tender. Stir in beef. In small bowl, mix chili powder, 1 tablespoon Bisquick mix and the water; stir into beef mixture. Stir in tomatoes and chilies; heat to boiling, stirring frequently.
- ☐ Pour beef mixture into ungreased 2-quart casserole. Stir 3/4 cup Bisquick mix, the cornmeal, milk and egg until well blended. Spoon over beef mixture. Top with bell pepper rings.
- ☐ Bake uncovered 35 to 40 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:20.69, Glycemic Load:7.99, Inflammation Score:-9, Nutrition Score:21.023043445919%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin:

0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 274.56kcal (13.73%), Fat: 14.52g (22.35%), Saturated Fat: 5.24g (32.75%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 17.99g (6.54%), Sugar: 7.22g (8.02%), Cholesterol: 63.16mg (21.05%), Sodium: 314.55mg (13.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Vitamin C: 113.82mg (137.96%), Vitamin A: 2839.28IU (56.79%), Vitamin B6: 0.68mg (34.12%), Vitamin B12: 1.37µg (22.87%), Zinc: 3.39mg (22.63%), Vitamin B3: 4.51mg (22.55%), Phosphorus: 201.4mg (20.14%), Fiber: 4.9g (19.59%), Iron: 3.45mg (19.16%), Potassium: 645.04mg (18.43%), Vitamin E: 2.64mg (17.58%), Folate: 69.41µg (17.35%), Selenium: 11.98µg (17.11%), Vitamin B2: 0.29mg (16.97%), Manganese: 0.29mg (14.67%), Magnesium: 52.08mg (13.02%), Vitamin B1: 0.18mg (11.81%), Vitamin K: 9.79µg (9.32%), Vitamin B5: 0.93mg (9.29%), Calcium: 89.86mg (8.99%), Copper: 0.17mg (8.54%), Vitamin D: 0.39µg (2.6%)