



Beefy Bean and Corn Chili

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



5

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 30 oz chili beans sauce undrained canned
- 14.5 oz tomatoes diced undrained canned
- 11 oz corn whole undrained canned
- 4 oz chilis green chopped canned

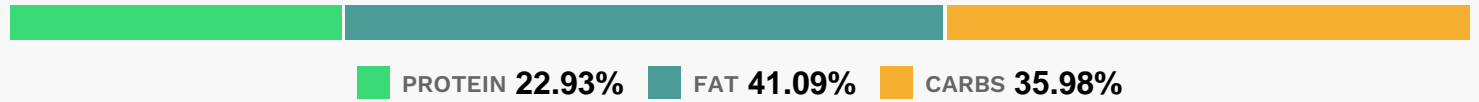
Equipment

- sauce pan

Directions

- In 3-quart saucepan, cook ground beef over medium-high heat, stirring frequently, until thoroughly cooked; drain well.
- Stir in remaining ingredients. Reduce heat to medium; cook 10 to 15 minutes, stirring occasionally, until thoroughly heated and flavors are blended.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:21.800000133722%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 460.31kcal (23.02%), Fat: 20.9g (32.16%), Saturated Fat: 7.37g (46.03%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 32.85g (11.94%), Sugar: 10.89g (12.1%), Cholesterol: 64.41mg (21.47%), Sodium: 1603.25mg (69.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.49%), Zinc: 7.5mg (50.03%), Phosphorus: 448.97mg (44.9%), Vitamin B6: 0.87mg (43.54%), Potassium: 1262.91mg (36.08%), Iron: 6.16mg (34.22%), Fiber: 8.35g (33.41%), Vitamin B12: 1.96µg (32.64%), Vitamin B3: 5.66mg (28.31%), Copper: 0.56mg (28%), Magnesium: 108.78mg (27.19%), Vitamin B2: 0.45mg (26.52%), Vitamin C: 19.35mg (23.46%), Selenium: 15.97µg (22.81%), Folate: 87.49µg (21.87%), Calcium: 103.96mg (10.4%), Vitamin B1: 0.16mg (10.38%), Vitamin E: 1.29mg (8.59%), Vitamin B5: 0.57mg (5.71%), Manganese: 0.11mg (5.37%), Vitamin K: 4.7µg (4.47%), Vitamin A: 145.18IU (2.9%)