



Beefy Bean and Corn Chili



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

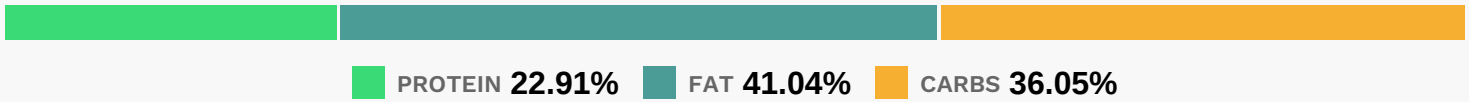
Equipment

- ☐ 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:21.915217104165%

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: 460.91kcal (23.05%), Fat: 20.91g (32.17%), Saturated Fat: 7.37g (46.04%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 32.93g (11.97%), Sugar: 10.89g (12.1%), Cholesterol: 64.41mg (21.47%), Sodium: 1614.51mg (70.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.53%), Zinc: 7.51mg (50.04%), Phosphorus: 449.28mg (44.93%), Vitamin B6: 0.87mg (43.71%), Potassium: 1266.12mg (36.17%), Iron: 6.2mg (34.43%), Fiber: 8.4g (33.6%), Vitamin B12: 1.96µg (32.64%), Vitamin B3: 5.68mg (28.39%), Copper: 0.56mg (28%), Magnesium: 108.89mg (27.22%), Vitamin B2: 0.45mg (26.57%), Vitamin C: 20.32mg (24.63%), Selenium: 15.98µg (22.83%), Folate: 89.02µg (22.25%), Calcium: 104.98mg (10.5%), Vitamin B1: 0.16mg (10.4%), Vitamin E: 1.29mg (8.59%), Vitamin B5: 0.57mg (5.74%), Manganese: 0.11mg (5.37%), Vitamin K: 4.7µg (4.47%), Vitamin A: 148.75IU (2.97%)