



Beefy Corn and Black Bean Chili

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground round
- 2 teaspoons chili powder salt-free
- 14 oz black beans frozen
- 14 oz beef broth reduced-sodium canned
- 15 oz lawry's seasoned salt for chili canned
- 1 serving cream sour reduced-fat
- 1 serving spring onion sliced

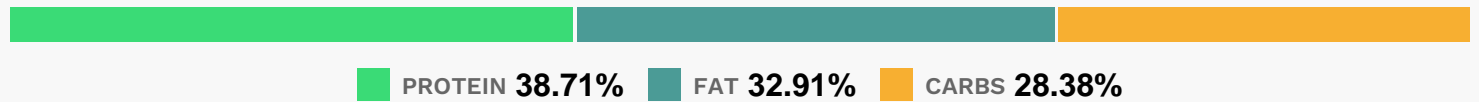
Equipment

- bowl
- ladle
- dutch oven

Directions

- In 4-quart Dutch oven, cook beef and chili powder blend over medium-high heat for 6 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Stir in frozen corn and beans, broth and tomato sauce.
- Heat to boiling; reduce heat. Cover; simmer 10 minutes. Uncover; simmer 5 minutes longer, stirring occasionally.
- Ladle chili into 6 bowls. Top with sour cream and onions.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:2.99, Inflammation Score:-5, Nutrition Score:13.906956593628%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 232.14kcal (11.61%), Fat: 8.44g (12.98%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 10.36g (3.77%), Sugar: 0.08g (0.09%), Cholesterol: 50.54mg (16.85%), Sodium: 27655.51mg (1202.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.67%), Zinc: 4.49mg (29.9%), Vitamin B12: 1.69µg (28.13%), Folate: 104.36µg (26.09%), Fiber: 6.01g (24.05%), Phosphorus: 236.92mg (23.69%), Vitamin B3: 4.25mg (21.27%), Selenium: 13.68µg (19.54%), Manganese: 0.39mg (19.25%), Iron: 3.45mg (19.16%), Potassium: 639.71mg (18.28%), Vitamin B6: 0.34mg (17%), Magnesium: 63.73mg (15.93%), Vitamin B1: 0.2mg (13.13%), Copper: 0.22mg (11.1%), Vitamin B2: 0.17mg (9.93%), Vitamin B5: 0.62mg (6.17%), Calcium: 52.5mg (5.25%), Vitamin A: 224.73IU (4.49%), Vitamin E: 0.51mg (3.42%), Vitamin K: 3.4µg (3.24%)