



Beefy Corn and Black Bean Chili

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz black beans frozen
- ☐ 14 oz beef broth reduced-sodium canned
- ☐ 2 teaspoons chili powder salt-free
- ☐ 6 servings spring onion sliced
- ☐ 1 lb ground round
- ☐ 6 servings cream sour reduced-fat
- ☐ 15 oz tomato sauce for chili canned

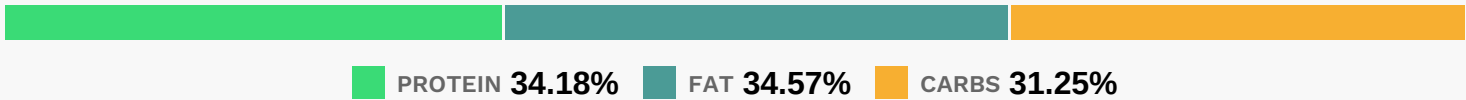
Equipment

- ☐ 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:17.83, Glycemic Load:4.28, Inflammation Score:-7, Nutrition Score:17.684347704701%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 277.95kcal (13.9%), Fat: 10.78g (16.59%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 14.72g (5.35%), Sugar: 2.76g (3.07%), Cholesterol: 57.54mg (19.18%), Sodium: 539.58mg (23.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.98g (47.95%), Zinc: 4.69mg (31.27%), Vitamin B12: 1.77µg (29.53%), Folate: 116.14µg (29.04%), Fiber: 7.21g (28.82%), Phosphorus: 272.11mg (27.21%), Potassium: 900.73mg (25.74%), Vitamin B3: 5mg (24.98%), Iron: 3.98mg (22.13%), Selenium: 14.68µg (20.98%), Vitamin B6: 0.42mg (20.82%), Manganese: 0.4mg (19.9%), Magnesium: 76.65mg (19.16%), Vitamin K: 15.83µg (15.08%), Vitamin B1: 0.22mg (14.98%), Copper: 0.29mg (14.48%), Vitamin B2: 0.24mg (14.29%), Vitamin A: 647.06IU (12.94%), Vitamin E: 1.62mg (10.81%), Vitamin B5: 0.84mg (8.39%), Calcium: 77.21mg (7.72%), Vitamin C: 6.31mg (7.65%)