



Beefy Corn and Black Bean Chili

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

READY IN



28 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce black beans frozen (such as Pictsweet)
- 2 teaspoons chili powder salt-free (such as The Spice Hunter)
- 1 pound ground round
- 14 ounce beef broth fat-free canned
- 15 ounce tomato sauce for chili (such as hunt's family favorites) canned

Equipment

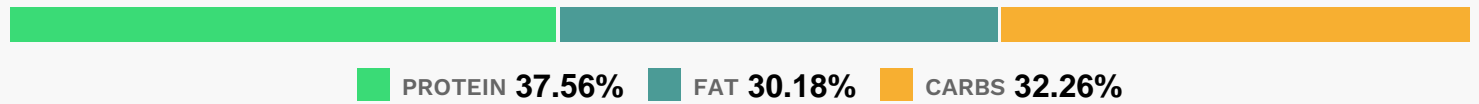
- bowl
- frying pan

- ladle
- dutch oven

Directions

- Combine beef and chili powder blend in a large Dutch oven. Cook 6 minutes over medium-high heat or until beef is browned, stirring to crumble.
- Drain and return to pan.
- Stir in frozen corn mixture, broth, and tomato sauce; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 5 minutes, stirring occasionally.
- Ladle chili into bowls. Top each serving with sour cream and onions, if desired.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:4.19, Inflammation Score:0, Nutrition Score:16.076956562374%

Nutrients (% of daily need)

Calories: 243.39kcal (12.17%), Fat: 8.22g (12.65%), Saturated Fat: 3.21g (20.03%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 12.73g (4.63%), Sugar: 2.57g (2.86%), Cholesterol: 49.14mg (16.38%), Sodium: 518.7mg (22.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.05%), Zinc: 4.55mg (30.31%), Fiber: 7.05g (28.2%), Vitamin B12: 1.67µg (27.85%), Folate: 109.66µg (27.42%), Phosphorus: 252.85mg (25.28%), Vitamin B3: 4.95mg (24.74%), Potassium: 833.29mg (23.81%), Iron: 3.88mg (21.55%), Vitamin B6: 0.41mg (20.4%), Selenium: 13.9µg (19.86%), Manganese: 0.39mg (19.42%), Magnesium: 73.05mg (18.26%), Vitamin B1: 0.21mg (14.12%), Copper: 0.28mg (14.04%), Vitamin B2: 0.21mg (12.31%), Vitamin A: 508.52IU (10.17%), Vitamin E: 1.52mg (10.11%), Vitamin B5: 0.83mg (8.35%), Vitamin C: 4.97mg (6.02%), Calcium: 39.05mg (3.91%), Vitamin K: 3.29µg (3.14%)