

Belly Burner Chili



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



8

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives black chopped
- ☐ 15 ounce kidney beans canned
- ☐ 45 ounce tomato sauce canned
- ☐ 2 teaspoons chili powder
- ☐ 0.5 cup olives green chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 pounds ground spicy pork sausage
- ☐ 2 cups onion chopped

- ☐ 1 tablespoon soya sauce
- ☐ 0.8 cup water

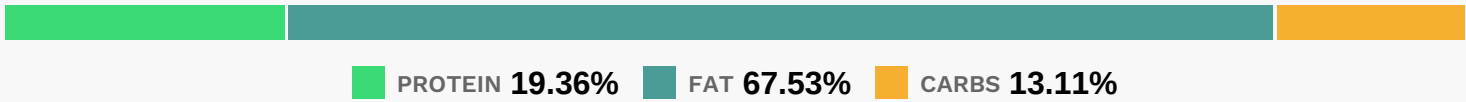
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a large skillet over medium-high heat, cook sausage until brown.
- ☐ Drain and crumble.
- ☐ In a slow cooker, combine sausage, onion, tomato sauce, water, black and green olives, pepper, soy sauce, chili powder and beans. Cover and cook on low 8 hours.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:6.22, Inflammation Score:-8, Nutrition Score:21.979999884315%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 641.97kcal (32.1%), Fat: 48.5g (74.61%), Saturated Fat: 15.44g (96.5%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 14.52g (5.28%), Sugar: 8.52g (9.47%), Cholesterol: 122.47mg (40.82%), Sodium: 2373.63mg (103.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.29g (62.57%), Vitamin B3: 10.08mg (50.39%), Vitamin B6: 0.79mg (39.39%), Vitamin B1: 0.59mg (39.14%), Phosphorus: 345.93mg (34.59%), Potassium: 1115.33mg (31.87%), Zinc: 4.48mg (29.87%), Fiber: 6.67g (26.68%), Iron: 4.4mg (24.46%), Vitamin B12: 1.45µg (24.1%), Vitamin E: 3.47mg (23.15%), Vitamin B2: 0.37mg (21.59%), Copper: 0.42mg (21.14%), Manganese: 0.42mg (21.05%), Vitamin A: 1034.11IU (20.68%), Vitamin C: 15.74mg (19.08%), Magnesium: 71.62mg (17.9%), Vitamin B5: 1.77mg (17.71%), Vitamin D: 2.21µg (14.74%), Folate: 38.55µg (9.64%), Vitamin K: 8.45µg (8.05%), Calcium: 74.34mg (7.43%), Selenium: 2.02µg (2.89%)