



## Best Chili

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



46 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 1 tsp chili powder
- 0.3 cup knudsen cream sour
- 0.5 lb extra-lean ground beef
- 15 oz no-salt-added kidney beans red rinsed canned
- 1 cup taco bell® & chunky salsa thick
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft

## Equipment

frying pan

## Directions

Brown meat in large skillet.

Add beans, tomatoes, salsa and chili powder; mix well. Bring to boil. Cover; simmer on medium-low heat 10 min., stirring occasionally.

Serve topped with cheese and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:1.94, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:2.7334782507109%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 45.76kcal (2.29%), Fat: 1.49g (2.29%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 3.29g (1.19%), Sugar: 0.77g (0.86%), Cholesterol: 7.7mg (2.57%), Sodium: 97.61mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Fiber: 1.34g (5.37%), Folate: 19.69µg (4.92%), Phosphorus: 48.22mg (4.82%), Zinc: 0.63mg (4.22%), Iron: 0.73mg (4.04%), Manganese: 0.08mg (4%), Vitamin B6: 0.07mg (3.29%), Vitamin B12: 0.19µg (3.22%), Potassium: 111.24mg (3.18%), Selenium: 2.19µg (3.12%), Vitamin A: 153.91IU (3.08%), Vitamin B3: 0.61mg (3.04%), Calcium: 26.73mg (2.67%), Magnesium: 10.18mg (2.54%), Copper: 0.05mg (2.38%), Vitamin B2: 0.04mg (2.09%), Vitamin B1: 0.03mg (2%), Vitamin K: 1.75µg (1.66%), Vitamin E: 0.19mg (1.25%), Vitamin B5: 0.11mg (1.12%)