

Best Ever Chuck Wagon Chili

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon butter
- 45 ounce kidney beans drained canned
- 45 ounce tomato sauce canned
- 1 tablespoon chili powder
- 0.5 teaspoon garlic salt
- 2 bell peppers green seeded chopped
- 2 pounds ground beef
- 1 habanero pepper chopped

- 1 drop super-hot pepper sauce hot
- 2 teaspoons salt
- 2 large onions white chopped

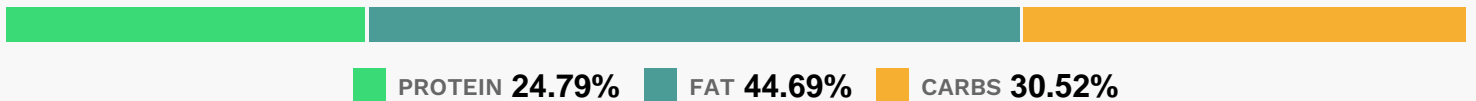
Equipment

- frying pan
- pot

Directions

- In a large pot, cook the ground beef over medium heat until evenly browned.
- Drain off grease, and set aside.
- Melt butter in a skillet over medium heat.
- Saute the onions, green pepper and habanero pepper until onions are translucent.
- Remove from heat.
- Transfer the onion mixture to the pot with the ground beef, and set the heat to medium.
- Add the kidney beans and tomato sauce to the beef mixture, and season with chili powder, salt, garlic salt and hot pepper sauce. Bring to a simmer, and adjust seasonings to taste if necessary. Cover, reduce heat to low, and simmer for 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:11.54, Inflammation Score:-8, Nutrition Score:27.659130500711%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg 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: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 484.22kcal (24.21%), Fat: 24.48g (37.65%), Saturated Fat: 9.26g (57.89%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 25.25g (9.18%), Sugar: 11.07g (12.3%), Cholesterol: 81.86mg (27.29%), Sodium: 1990.05mg (86.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.54g (61.08%), Vitamin C: 40.94mg (49.63%), Fiber: 12.35g (49.41%), Zinc: 6.23mg (41.54%), Phosphorus: 411.77mg (41.18%), Vitamin B12: 2.43µg (40.46%), Vitamin B6: 0.79mg (39.45%), Potassium: 1325.06mg (37.86%), Manganese: 0.75mg (37.6%), Vitamin B3: 7.48mg (37.4%), Iron: 6.1mg (33.87%), Selenium: 20.13µg (28.75%), Copper: 0.53mg (26.67%), Magnesium: 99.57mg (24.89%), Vitamin B2: 0.41mg (23.97%), Vitamin A: 1125.35IU (22.51%), Vitamin E: 3.32mg (22.1%), Vitamin B1: 0.29mg (19.58%), Folate: 74.44µg (18.61%), Vitamin K: 16.67µg (15.88%), Vitamin B5: 1.36mg (13.57%), Calcium: 104.66mg (10.47%)