

Butternut-Beef Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups butternut squash peeled chopped (1 small)
- ☐ 16 ounce kidney beans drained canned
- ☐ 1.5 teaspoons chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 6 tablespoons green onions thinly sliced
- ☐ 1.5 teaspoons ground cumin

- ☐ 1 pound ground round
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.5 cup olives pitted ripe
- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 3 cups tomatoes chopped (2 large)
- ☐ 2 tablespoons tomato paste
- ☐ 3 cups water

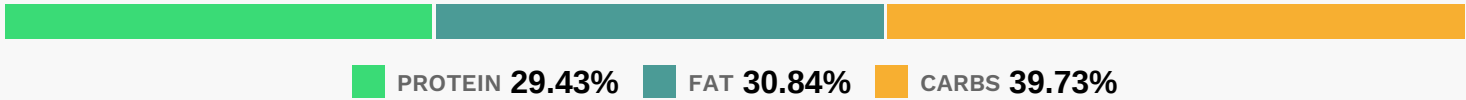
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Combine the first 3 ingredients in a Dutch oven, and cook over medium-high heat until browned, stirring to crumble.
- ☐ Drain well; return meat mixture to pan. Stir in tomato and next 9 ingredients (tomato through garlic); bring to a boil. Reduce heat, and simmer 20 minutes or until squash is tender, stirring occasionally. Stir in olives and jalapeo; cook 5 minutes.
- ☐ Ladle chili into soup bowls, and top each serving with 1 tablespoon green onions and 1 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:5.75, Inflammation Score:-10, Nutrition Score:26.839130526004%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 285.02kcal (14.25%), Fat: 10.11g (15.55%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 20.77g (7.55%), Sugar: 7.76g (8.62%), Cholesterol: 49.14mg (16.38%), Sodium: 679.61mg (29.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.4%), Vitamin A: 8565.46IU (171.31%), Vitamin C: 56.08mg (67.97%), Fiber: 8.53g (34.1%), Vitamin B6: 0.66mg (33.23%), Manganese: 0.62mg (30.85%), Potassium: 1062.08mg (30.35%), Zinc: 4.55mg (30.34%), Vitamin B3: 6.04mg (30.2%), Vitamin K: 30.51µg (29.06%), Phosphorus: 287.64mg (28.76%), Vitamin B12: 1.67µg (27.85%), Iron: 4.41mg (24.49%), Magnesium: 85.77mg (21.44%), Selenium: 14.6µg (20.85%), Vitamin E: 2.94mg (19.58%), Copper: 0.36mg (18.09%), Folate: 69.47µg (17.37%), Vitamin B1: 0.25mg (16.94%), Vitamin B2: 0.24mg (14.03%), Calcium: 113.21mg (11.32%), Vitamin B5: 1mg (9.98%)