



Camp Chili



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce kidney beans canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 3 tablespoons chili powder
- ☐ 10 cloves garlic minced
- ☐ 3 pounds ground beef
- ☐ 3 onions chopped
- ☐ 45 ounce pork and beans canned
- ☐ 3 cups rice uncooked

☐ 12 servings salt and pepper to taste

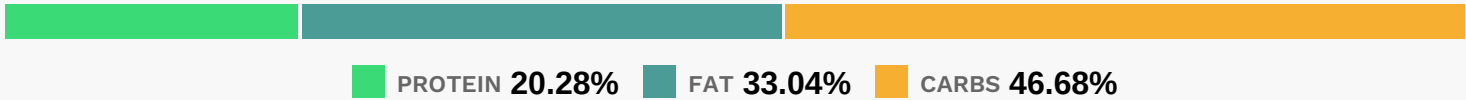
Equipment

☐ pot

Directions

- ☐ In a large pot over medium high heat, saute the ground beef for 5 minutes.
- ☐ Add the onions and garlic and saute for 5 to 10 more minutes.
- ☐ Add the pork and beans, kidney beans, tomatoes, chili powder, beer and season with salt and pepper to taste. Stir thoroughly and reduce heat to medium low.
- ☐ Cover and simmer for 1 to 1 1/2 hours, stirring occasionally.
- ☐ Cook the rice according to package directions.
- ☐ Serve the chili over the rice.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:35.6, Inflammation Score:-8, Nutrition Score:28.389130333196%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 686.97kcal (34.35%), Fat: 25.44g (39.13%), Saturated Fat: 9.58g (59.85%), Carbohydrates: 80.88g (26.96%), Net Carbohydrates: 66.93g (24.34%), Sugar: 4.86g (5.4%), Cholesterol: 87.95mg (29.32%), Sodium: 1063.9mg (46.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Manganese: 1.38mg (69.11%), Fiber: 13.95g (55.8%), Zinc: 7.71mg (51.4%), Phosphorus: 488.62mg (48.86%), Selenium: 31.27µg (44.67%), Vitamin B12: 2.43µg (40.45%), Vitamin B6: 0.75mg (37.62%), Iron: 6.6mg (36.66%), Vitamin B3: 7.23mg (36.17%), Potassium: 1153.85mg (32.97%), Copper: 0.66mg (32.84%), Magnesium: 112.09mg (28.02%), Folate: 87.86µg (21.97%), Vitamin B2: 0.35mg (20.52%), Vitamin B1: 0.3mg (19.9%), Calcium: 149.75mg (14.98%), Vitamin B5: 1.44mg (14.44%), Vitamin A: 667.42IU (13.35%), Vitamin E: 1.74mg (11.57%), Vitamin C: 8.96mg (10.86%), Vitamin K: 10.53µg

(10.03%)