



Cheesy Chili

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



36 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz kidney beans rinsed canned
- 15 oz tomato sauce canned
- 28 oz canned tomatoes diced undrained canned
- 1.5 cups four cheese shredded with a touch of philadelphia mexican style kraft
- 1 Tbsp chili powder
- 0.3 tsp pepper red crushed
- 1 lb extra-lean ground beef
- 0.5 tsp ground cumin

1 pepper and onion green chopped

Equipment

sauce pan

Directions

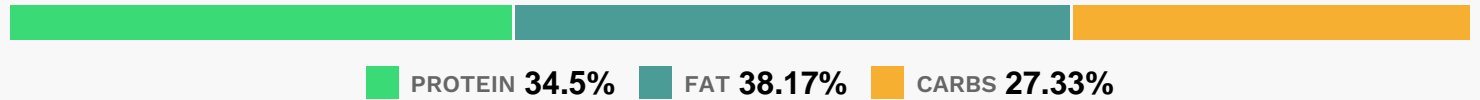
Brown meat in large saucepan on medium heat; drain.

Add peppers, onions and seasonings; cook 5 to 6 min. or until vegetables are crisp-tender, stirring occasionally.

Add all remaining ingredients except cheese; mix well. Cover; simmer on low heat 30 min., stirring occasionally.

Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:2.2643478227698%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 36.25kcal (1.81%), Fat: 1.54g (2.37%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.83g (0.92%), Cholesterol: 8.19mg (2.73%), Sodium: 106.9mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Phosphorus: 41.71mg (4.17%), Zinc: 0.61mg (4.05%), Vitamin B12: 0.22µg (3.62%), Selenium: 2.47µg (3.53%), Vitamin A: 176.15IU (3.52%), Vitamin C: 2.6mg (3.16%), Calcium: 31.08mg (3.11%), Vitamin B3: 0.6mg (2.99%), Fiber: 0.73g (2.92%), Vitamin B6: 0.06mg (2.82%), Iron: 0.5mg (2.76%), Potassium: 81.1mg (2.32%), Vitamin B2: 0.04mg (2.31%), Manganese: 0.04mg (1.89%), Magnesium: 6.64mg (1.66%), Copper: 0.03mg (1.54%), Vitamin E: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.03%), Folate: 4.03µg (1.01%)