



## Cheesy Chili for a Crowd

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15 oz kidney beans rinsed canned
- 14 oz canned tomatoes diced undrained canned
- 3 Tbsp chili powder
- 2 tsp ground cumin
- 2 lb ground beef lean
- 1 onion chopped
- 4 cups wagon wheel pasta hot cooked
- 6 oz tomato paste canned

8 oz velveeta cut into 1/2-inch cubes

0.5 cup water

## Equipment

dutch oven

## Directions

Brown meat with onions in Dutch oven or stockpot on medium-high heat; drain.

Add beans, tomatoes, tomato paste, water and seasonings; mix well. Cover; simmer on medium-low heat 10 min. or until heated through, stirring occasionally.

Add VELVEETA; cook 3 to 5 min. or until completely melted, stirring frequently. Stir in pasta.

## Nutrition Facts



## Properties

Glycemic Index:5.47, Glycemic Load:3.3, Inflammation Score:-3, Nutrition Score:6.7456522072139%

## Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 107.66kcal (5.38%), Fat: 2.67g (4.1%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.11g (3.31%), Sugar: 1.9g (2.11%), Cholesterol: 21.92mg (7.31%), Sodium: 216.72mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.21%), Phosphorus: 175.89mg (17.59%), Selenium: 10.71µg (15.3%), Zinc: 2.01mg (13.4%), Vitamin B12: 0.68µg (11.29%), Vitamin B3: 2.13mg (10.67%), Vitamin B6: 0.19mg (9.31%), Manganese: 0.16mg (8.05%), Iron: 1.45mg (8.04%), Vitamin B2: 0.13mg (7.72%), Potassium: 250.23mg (7.15%), Vitamin A: 340.87IU (6.82%), Fiber: 1.6g (6.41%), Calcium: 62.78mg (6.28%), Magnesium: 19.82mg (4.96%), Copper: 0.1mg (4.9%), Vitamin E: 0.57mg (3.78%), Vitamin B1: 0.05mg (3.29%), Vitamin B5: 0.29mg (2.9%), Vitamin C: 2.16mg (2.62%), Folate: 9.37µg (2.34%), Vitamin K: 2.23µg (2.13%)