



Chili

 **Gluten Free**  **Dairy Free**

READY IN



110 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 2 cloves garlic powder finely chopped
- 1 tablespoon chili powder
- 2 teaspoons oregano dried fresh chopped
- 1 teaspoon ground cumin
- 0.5 teaspoon salt
- 0.5 teaspoon hot sauce red

14.5 oz canned tomatoes diced organic undrained canned

19 oz beans red undrained canned

Equipment

sauce pan

Directions

In 3-quart saucepan, cook beef, onions and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

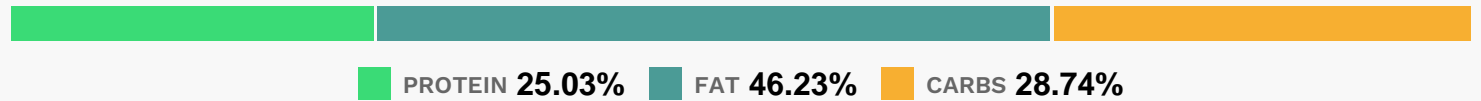
Stir in chili powder, oregano, cumin, salt, pepper sauce and tomatoes.

Heat to boiling over high heat. Reduce heat just enough so mixture bubbles gently. Cover; cook 1 hour, stirring occasionally.

Stir in kidney beans.

Heat to boiling over high heat. Reduce heat just enough so mixture bubbles gently. Cook uncovered about 20 minutes, stirring occasionally, until desired thickness.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:9.64, Inflammation Score:-9, Nutrition Score:24.803913396338%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg 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: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 457.87kcal (22.89%), Fat: 23.94g (36.83%), Saturated Fat: 8.93g (55.82%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 22.49g (8.18%), Sugar: 8.92g (9.91%), Cholesterol: 80.51mg (26.84%), Sodium: 896.05mg (38.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.32%), Fiber: 10.99g (43.96%), Zinc: 6.07mg (40.49%), Vitamin B12: 2.43µg (40.45%), Phosphorus: 378.49mg (37.85%), Manganese: 0.75mg (37.47%), Vitamin B6: 0.74mg (36.99%), Iron: 6.38mg (35.46%), Vitamin B3: 7.07mg (35.34%), Potassium:

1083.08mg (30.95%), Selenium: 19.91µg (28.44%), Copper: 0.5mg (25.22%), Magnesium: 92.16mg (23.04%),
Vitamin B2: 0.35mg (20.54%), Vitamin K: 21.54µg (20.52%), Vitamin B1: 0.3mg (19.95%), Vitamin E: 2.75mg (18.34%),
Vitamin C: 13.95mg (16.91%), Folate: 67.15µg (16.79%), Vitamin A: 838.92IU (16.78%), Calcium: 131.44mg (13.14%),
Vitamin B5: 1.11mg (11.1%)