



Chili

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

READY IN



110 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz beans red undrained canned
- 14.5 oz tomatoes diced undrained canned
- 1 tablespoon chili powder
- 2 cloves garlic powder
- 1 teaspoon ground cumin
- 1 lb ground beef 80% lean (at least)
- 1 large onion
- 0.5 teaspoon hot sauce red

0.5 teaspoon salt

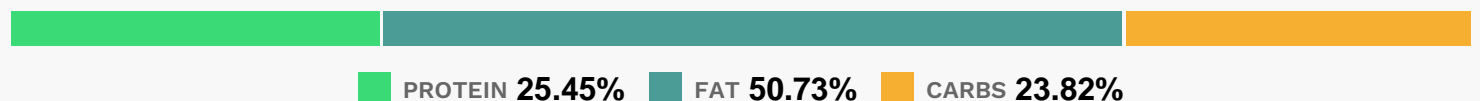
Equipment

- bowl
- paper towels
- sauce pan
- sieve
- colander

Directions

- Peel and chop the onion to measure 1 cup. Peel and finely chop the garlic.
- In a 3-quart saucepan, cook the beef, onion and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked.
- Place a strainer or colander in the sink; line with a double thickness of paper towels.
- Pour the beef mixture into the strainer to drain. Return beef mixture to saucepan; discard paper towels and any juices in the bowl.
- Into the beef, stir the chili powder, oregano, cumin, salt, pepper sauce and tomatoes with their liquid.
- Heat the mixture to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover with lid; cook 1 hour, stirring occasionally.
- Stir in the beans with their liquid.
- Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cook uncovered about 20 minutes, stirring occasionally, until desired thickness.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:6.07, Inflammation Score:-7, Nutrition Score:20.631304647612%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 415.84kcal (20.79%), Fat: 23.64g (36.36%), Saturated Fat: 8.87g (55.45%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 16.87g (6.14%), Sugar: 6.18g (6.86%), Cholesterol: 80.51mg (26.84%), Sodium: 834.43mg (36.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.36%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.73mg (38.22%), Phosphorus: 332.88mg (33.29%), Vitamin B6: 0.66mg (33.18%), Fiber: 8.09g (32.38%), Vitamin B3: 6.35mg (31.77%), Iron: 5.32mg (29.53%), Selenium: 19.02µg (27.18%), Potassium: 885.22mg (25.29%), Manganese: 0.5mg (25.24%), Vitamin B2: 0.33mg (19.25%), Magnesium: 71.45mg (17.86%), Copper: 0.34mg (16.92%), Vitamin C: 13.62mg (16.5%), Vitamin B1: 0.24mg (15.7%), Vitamin A: 721.15IU (14.42%), Vitamin E: 1.98mg (13.17%), Folate: 51.8µg (12.95%), Vitamin K: 11.69µg (11.13%), Calcium: 103.59mg (10.36%), Vitamin B5: 0.9mg (8.97%)