



Chili

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1.5 teaspoons chili powder
- ☐ 4 garlic cloves minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 pound ground round
- ☐ 15 ounce no-salt-added kidney beans undrained canned
- ☐ 7 tablespoons nonfat cream sour

- ☐ 1 cup onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce no-salt-added tomato sauce canned

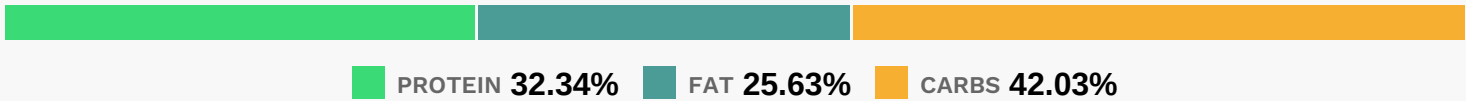
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Coat a large saucepan with cooking spray; place over medium-high heat until hot.
- ☐ Add meat, onion, and garlic, and cook until the meat is browned, stirring to crumble.
- ☐ Drain well, and return mixture to pan.
- ☐ Add beans and the next 8 ingredients (beans through pepper); stir well. Cover, reduce heat, and simmer for 20 minutes.
- ☐ Serve with sour cream.
- ☐ Garnish with sliced green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:31.18, Glycemic Load:5.91, Inflammation Score:-8, Nutrition Score:18.966521623342%

Flavonoids

Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 251.36kcal (12.57%), Fat: 7.37g (11.33%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 19.61g (7.13%), Sugar: 6.19g (6.88%), Cholesterol: 43.2mg (14.4%), Sodium: 620.84mg (26.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.92g (41.83%), Manganese: 0.62mg (30.98%), Fiber: 7.58g (30.32%), Iron: 5.34mg (29.68%), Zinc: 4.24mg (28.24%), Phosphorus: 267.19mg (26.72%), Vitamin B6: 0.53mg (26.68%), Folate: 103.93µg (25.98%), Vitamin B3: 5.15mg (25.75%), Potassium: 900.32mg (25.72%), Vitamin B12: 1.47µg (24.47%), Copper: 0.41mg (20.32%), Selenium: 13.37µg (19.1%), Magnesium: 70.1mg (17.53%), Vitamin C: 12.95mg (15.7%), Vitamin K: 15.84µg (15.09%), Vitamin E: 2.21mg (14.73%), Vitamin B2: 0.24mg (14.38%), Vitamin B1: 0.21mg (13.86%), Vitamin A: 583.7IU (11.67%), Calcium: 95.45mg (9.54%), Vitamin B5: 0.93mg (9.34%)