



Chili & Biscuits

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

628 kcal

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 28 oz canned tomatoes diced canned
- ☐ 4 stalks celery chopped
- ☐ 15 oz chili beans sauce canned
- ☐ 1.3 oz chili seasoning
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 6 servings garlic powder and salt and pepper to taste
- ☐ 1 pound ground beef
- ☐ 0.5 cup milk

- ☐ 1 optional: 4-oz. can mushrooms drained sliced canned
- ☐ 0.5 cup oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 cup cornmeal yellow

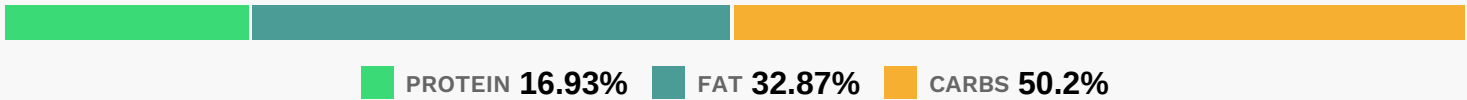
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large skillet, brown together beef, onion and celery.
- ☐ Drain; stir in chili seasoning and flour.
- ☐ Add remaining ingredients and simmer until thickened and bubbly.
- ☐ Transfer to a lightly greased 13"x9" baking pan. For Biscuit Dough, combine dry ingredients and oil. Stir in enough milk to form a soft dough.
- ☐ Drop Biscuit Dough by tablespoonfuls over hot chili.
- ☐ Bake, uncovered, at 375 degrees for 10 to 15 minutes, until biscuits are golden.

Nutrition Facts



Properties

Glycemic Index:93.77, Glycemic Load:38.88, Inflammation Score:-10, Nutrition Score:34.182608770288%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 628.04kcal (31.4%), Fat: 23.35g (35.92%), Saturated Fat: 7.09g (44.31%), Carbohydrates: 80.24g (26.75%), Net Carbohydrates: 68.43g (24.88%), Sugar: 16.84g (18.71%), Cholesterol: 56.12mg (18.71%), Sodium: 1445.17mg (62.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.12%), Vitamin A: 3355IU (67.1%), Vitamin B6: 0.99mg (49.52%), Phosphorus: 482.02mg (48.2%), Iron: 8.65mg (48.03%), Fiber: 11.8g (47.22%), Vitamin B3: 8.72mg (43.58%), Zinc: 6.44mg (42.9%), Manganese: 0.82mg (40.85%), Selenium: 28.3µg (40.43%), Vitamin B1: 0.57mg (38.23%), Potassium: 1307.58mg (37.36%), Vitamin B2: 0.63mg (36.87%), Folate: 133.19µg (33.3%), Copper: 0.65mg (32.68%), Magnesium: 126.33mg (31.58%), Vitamin E: 4.69mg (31.27%), Calcium: 298.11mg (29.81%), Vitamin B12: 1.74µg (28.93%), Vitamin K: 24.17µg (23.02%), Vitamin C: 15.68mg (19.01%), Vitamin B5: 1.43mg (14.27%), Vitamin D: 0.31µg (2.04%)