



 **63%**
HEALTH SCORE

Chili-Cheese Sloppy Joes

 Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



862 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans undrained canned
- 0.5 cup cheddar cheese extra-sharp packed grated
- 2.5 tablespoons chili powder
- 0.3 cup cilantro leaves fresh chopped
- 4 garlic cloves pressed
- 8 ounces ground beef lean
- 2 tablespoons olive oil
- 2 cups onions red divided chopped

- 2 slices sourdough bread toasted
- 0.5 cup tomatoes diced canned drained

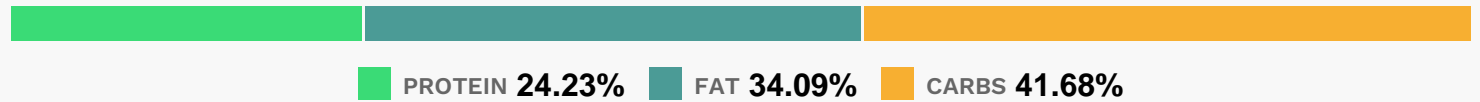
Equipment

- sauce pan

Directions

- Heat oil in large saucepan over medium-high heat.
- Add 1 1/2 cups onions and next 3 ingredients. Sauté until beef is cooked through, breaking up with spoon, about 5 minutes.
- Add beans with liquid and tomatoes.² Simmer until thickened, about 15 minutes.
- Mix in cilantro, salt, and pepper.³
- Place sourdough toasts on plates. Top with chili, cheese, and remaining chopped red onions.

Nutrition Facts



Properties

Glycemic Index:143.25, Glycemic Load:41.43, Inflammation Score:-10, Nutrition Score:49.607825844184%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 33.64mg, Quercetin: 33.64mg, Quercetin: 33.64mg

Nutrients (% of daily need)

Calories: 861.64kcal (43.08%), Fat: 33.39g (51.36%), Saturated Fat: 10.74g (67.15%), Carbohydrates: 91.82g (30.61%), Net Carbohydrates: 71.61g (26.04%), Sugar: 17.23g (19.14%), Cholesterol: 98.56mg (32.85%), Sodium: 1441.67mg (62.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.39g (106.79%), Fiber: 20.21g (80.83%), Manganese: 1.56mg (78.21%), Phosphorus: 752.39mg (75.24%), Selenium: 52.44µg (74.92%), Vitamin A: 3516.84IU (70.34%), Zinc: 9.74mg (64.92%), Vitamin B6: 1.27mg (63.61%), Vitamin B3: 12.53mg (62.65%), Iron: 10.97mg (60.96%), Vitamin B1: 0.89mg (59.45%), Vitamin B2: 0.9mg (53.02%), Vitamin E: 7.38mg (49.2%), Potassium: 1682.29mg (48.07%), Vitamin B12: 2.84µg (47.33%), Folate: 188.09µg (47.02%), Calcium: 407.58mg (40.76%),

Magnesium: 161.86mg (40.47%), Copper: 0.8mg (40.1%), Vitamin K: 39.33µg (37.46%), Vitamin C: 21.59mg (26.17%),
Vitamin B5: 1.84mg (18.36%), Vitamin D: 0.28µg (1.89%)