



## Chili con Carne

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 oz beef broth canned
- 15.5 oz kidney beans red drained canned
- 28 oz canned tomatoes whole peeled undrained canned
- 2 Tbsp chili powder
- 6 cups rice long-grain white hot cooked
- 1 cup knudsen cream sour
- 0.5 tsp pepper red crushed
- 2 cloves garlic minced

- 1 bell pepper green chopped
- 1 tsp ground cumin
- 1.5 lb ground beef lean
- 2 Tbsp oil
- 2 onions chopped
- 2 tsp oregano leaves dried
- 1 cup cheddar cheese shredded kraft
- 6 oz tomato paste canned

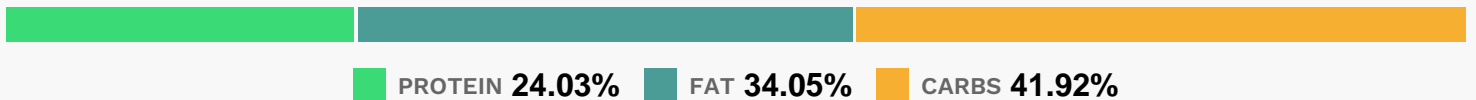
## Equipment

- pot

## Directions

- Heat oil in 6-qt. saucepot on medium-high heat.
- Add onions, green peppers and garlic; cook and stir 5 min. or until vegetables are crisp-tender.
- Add meat; cook and stir 5 min.
- Add tomatoes, beans, broth, tomato paste and seasonings; stir. Bring to boil; simmer, partially covered, on low heat 1 hour or until thickened, stirring occasionally.
- Serve over rice. Top with cheese and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:15.15, Glycemic Load:15.92, Inflammation Score:-5, Nutrition Score:10.238260815973%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

## Nutrients (% of daily need)

Calories: 204.36kcal (10.22%), Fat: 7.76g (11.94%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 18.9g (6.87%), Sugar: 2.84g (3.16%), Cholesterol: 33.53mg (11.18%), Sodium: 276.32mg (12.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Manganese: 0.39mg (19.71%), Selenium: 12.25µg (17.51%), Zinc: 2.5mg (16.67%), Phosphorus: 166.64mg (16.66%), Vitamin B6: 0.31mg (15.64%), Vitamin B3: 2.88mg (14.39%), Vitamin B12: 0.86µg (14.33%), Vitamin C: 10.46mg (12.68%), Iron: 2.05mg (11.41%), Potassium: 368.7mg (10.53%), Fiber: 2.59g (10.36%), Vitamin B2: 0.16mg (9.68%), Vitamin A: 471.6IU (9.43%), Calcium: 92.4mg (9.24%), Magnesium: 32.79mg (8.2%), Vitamin E: 1.21mg (8.07%), Copper: 0.16mg (7.89%), Vitamin K: 6.42µg (6.12%), Vitamin B5: 0.6mg (5.99%), Vitamin B1: 0.09mg (5.83%), Folate: 18.76µg (4.69%)