



## Chili con Carne

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

READY IN



**110 min.**

SERVINGS



**4**

CALORIES



**464 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 19 oz beans red undrained canned
- 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- 1 tablespoon chili powder
- 2 cloves garlic crushed
- 1 teaspoon ground cumin
- 1 lb ground beef 80% lean (at least )
- 1 cup onion chopped
- 1 teaspoon oregano dried

- 0.5 teaspoon hot sauce red
- 0.5 teaspoon salt
- 1 teaspoon cocoa powder unsweetened

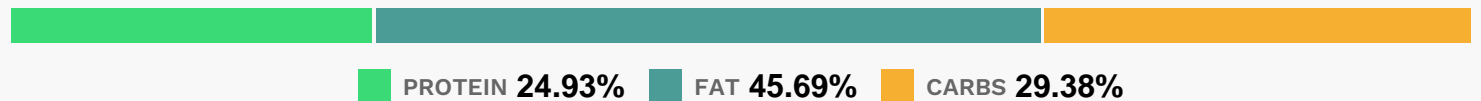
## Equipment

- sauce pan

## Directions

- In 3-quart saucepan, cook beef, onion and garlic over medium-high heat about 8 minutes, stirring occasionally, until beef is brown; drain.
- Stir in remaining ingredients except beans.
- Heat to boiling. Reduce heat to low; cover and simmer 1 hour, stirring occasionally.
- Stir in beans.
- Heat to boiling. Reduce heat to low; simmer uncovered about 20 minutes, stirring occasionally, until desired thickness.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:10.13, Inflammation Score:-9, Nutrition Score:25.502608869387%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

## Nutrients (% of daily need)

Calories: 463.53kcal (23.18%), Fat: 24.01g (36.93%), Saturated Fat: 8.95g (55.94%), Carbohydrates: 34.74g (11.58%), Net Carbohydrates: 23.53g (8.56%), Sugar: 9.71g (10.79%), Cholesterol: 80.51mg (26.84%), Sodium: 920mg (40%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.95%), Fiber: 11.2g (44.81%), Zinc: 6.13mg (40.86%), Vitamin B12: 2.43µg (40.45%), Manganese: 0.79mg (39.38%), Vitamin B6: 0.77mg (38.62%),

Phosphorus: 385.65mg (38.56%), Vitamin B3: 7.28mg (36.39%), Iron: 6.47mg (35.93%), Potassium: 1134.06mg (32.4%), Selenium: 20.12µg (28.75%), Copper: 0.55mg (27.3%), Magnesium: 95.69mg (23.92%), Vitamin B2: 0.36mg (21.03%), Vitamin B1: 0.31mg (20.87%), Vitamin C: 16.08mg (19.49%), Vitamin E: 2.89mg (19.23%), Vitamin K: 19.43µg (18.5%), Vitamin A: 869.75IU (17.4%), Folate: 68.23µg (17.06%), Calcium: 132.3mg (13.23%), Vitamin B5: 1.16mg (11.62%)