



Chili con Carne



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic crushed
- ☐ 1 tablespoon chili powder
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon cocoa powder unsweetened

- ☐ 0.5 teaspoon hot sauce red
- ☐ 28 oz tomatoes diced organic undrained canned
- ☐ 19 oz beans red undrained canned

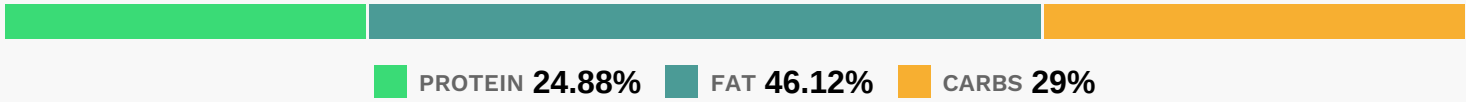
Equipment

- ☐ 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:29.75, Glycemic Load:7.65, Inflammation Score:-9, Nutrition Score:25.662173882775%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 458.54kcal (22.93%), Fat: 23.92g (36.81%), Saturated Fat: 8.94g (55.86%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 22.97g (8.35%), Sugar: 9.11g (10.12%), Cholesterol: 80.51mg (26.84%), Sodium: 1044.06mg (45.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.08%), Fiber: 10.89g (43.55%),

Vitamin B6: 0.81mg (40.56%), Zinc: 6.08mg (40.53%), Vitamin B12: 2.43µg (40.45%), Phosphorus: 384.63mg (38.46%), Iron: 6.82mg (37.88%), Vitamin B3: 7.21mg (36.07%), Manganese: 0.72mg (35.94%), Potassium: 1152.61mg (32.93%), Vitamin C: 23.4mg (28.36%), Selenium: 19.6µg (27.99%), Vitamin B2: 0.4mg (23.75%), Magnesium: 93.32mg (23.33%), Copper: 0.46mg (23.07%), Vitamin B1: 0.31mg (20.77%), Vitamin E: 2.72mg (18.15%), Vitamin K: 18.77µg (17.88%), Folate: 68.38µg (17.09%), Vitamin A: 841.78IU (16.84%), Calcium: 152.68mg (15.27%), Vitamin B5: 1.06mg (10.6%)