



## Chili Con Carne

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 8 servings garnishes: cheddar cheese shredded chopped
- ☐ 7 tablespoons chili powder divided
- ☐ 4 garlic cloves minced
- ☐ 3 pounds coarsely ground beef
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground pepper red
- ☐ 3 tablespoons i would have liked to use an version of masa but i couldn't find one at the time of making the tamal

- ☐ 1 teaspoon salt
- ☐ 2 cups water

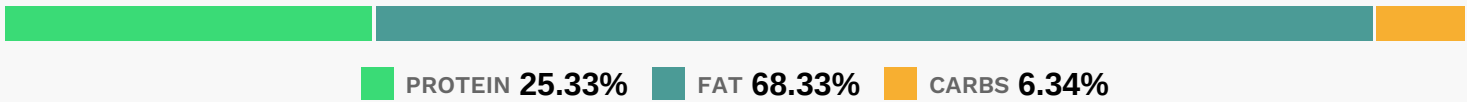
## Equipment

- ☐ frying pan

## Directions

- ☐ Cook ground beef, in batches, in a large skillet over medium-high heat about 5 minutes, stirring until it crumbles and is no longer pink.
- ☐ Drain well.
- ☐ Add garlic, reduce heat to medium, and saut 2 minutes until tender.
- ☐ Add 6 tablespoons chili powder and 1 tablespoon cumin, stirring to coat meat evenly.
- ☐ Add tomato sauce and 2 cups water. Bring to a boil; cover, reduce heat, and simmer 1 hour. Stir 1 tablespoon masa at a time into meat mixture; allowing chili to thicken between additions to desired consistency.
- ☐ Cook, uncovered, 20 more minutes. Stir in salt, red pepper, and, if desired, paprika. Stir in remaining 1 tablespoon chili powder 5 minutes before serving, and garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:25.866086793982%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 600.52kcal (30.03%), Fat: 45.67g (70.26%), Saturated Fat: 19.04g (118.98%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 6.27g (2.28%), Sugar: 1.67g (1.85%), Cholesterol: 150.77mg (50.26%), Sodium: 854.76mg (37.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.09g (76.17%), Vitamin B12: 3.96µg (65.97%), Zinc: 8.71mg (58.05%), Vitamin A: 2620.56IU (52.41%), Selenium: 36.4µg (52%), Phosphorus: 449.6mg (44.96%), Vitamin B3: 8.74mg (43.69%), Vitamin B6: 0.79mg (39.51%), Iron: 5.66mg (31.43%), Vitamin B2: 0.5mg

(29.7%), Calcium: 286.91mg (28.69%), Vitamin E: 4.1mg (27.34%), Potassium: 737.44mg (21.07%), Magnesium: 59.29mg (14.82%), Fiber: 3.28g (13.12%), Copper: 0.24mg (12.23%), Manganese: 0.24mg (12.1%), Vitamin K: 12.24µg (11.66%), Vitamin B5: 1.14mg (11.44%), Vitamin B1: 0.17mg (11.33%), Folate: 30.94µg (7.74%), Vitamin C: 2.75mg (3.33%), Vitamin D: 0.35µg (2.33%)