



 **67%**  
HEALTH SCORE

## Chili con Carne I

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**240 min.**

SERVINGS



**48**

CALORIES



**532 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 quarts tomatoes diced canned peeled
- 1.3 cups chili powder
- 6 pounds pinto beans dried
- 4 cloves garlic minced
- 3 tablespoons ground cumin
- 1.5 teaspoons ground pepper black
- 20 pounds ground beef lean
- 1 pound onions chopped

- 0.4 cup salt
- 2 quarts tomato paste

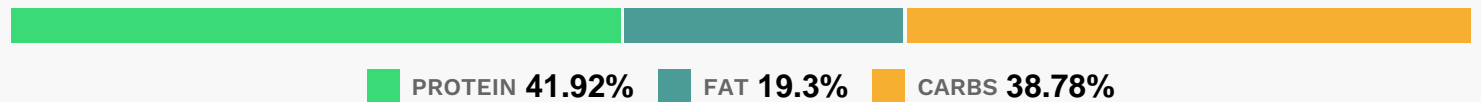
## Equipment

- frying pan
- pot

## Directions

- Wash and sort pinto beans. Bring 3 gallons of water to boil in a 6 gallon pot.
- Pour in beans, return to a boil and cook 2 minutes.
- Remove from heat and let stand 1 hour. Stir in salt and simmer until tender, 90 minutes.
- Drain and set aside.
- Brown beef with onions and garlic over medium high heat in same pot or enormous skillet.
- Combine meat mixture, tomatoes, tomato paste, chili powder, cumin, pepper and cooked beans in 6 gallon pot; stir; cover and simmer 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:3.71, Glycemic Load:13.26, Inflammation Score:-10, Nutrition Score:47.316087297771%

## Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

## Nutrients (% of daily need)

Calories: 532.36kcal (26.62%), Fat: 11.52g (17.72%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 52.09g (17.36%), Net Carbohydrates: 37.99g (13.82%), Sugar: 9.7g (10.78%), Cholesterol: 117.18mg (39.06%), Sodium: 1605.22mg

(69.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.31g (112.63%), Folate: 325.01µg (81.25%), Zinc: 11.65mg (77.66%), Selenium: 52.36µg (74.8%), Vitamin B12: 4.23µg (70.56%), Vitamin B3: 13.9mg (69.49%), Vitamin B6: 1.38mg (69%), Phosphorus: 687.26mg (68.73%), Potassium: 2216.64mg (63.33%), Iron: 11.12mg (61.77%), Fiber: 14.1g (56.38%), Vitamin A: 2693.61IU (53.87%), Manganese: 1.03mg (51.54%), Copper: 0.95mg (47.62%), Magnesium: 183.24mg (45.81%), Vitamin B1: 0.58mg (38.82%), Vitamin E: 5.67mg (37.8%), Vitamin B2: 0.62mg (36.22%), Vitamin C: 24.06mg (29.16%), Vitamin B5: 1.93mg (19.26%), Vitamin K: 18.78µg (17.88%), Calcium: 160.57mg (16.06%), Vitamin D: 0.19µg (1.26%)