



Chili con Carne II

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

READY IN



65 min.

SERVINGS



10

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 30.5 ounce beans red rinsed drained canned
- 43.5 ounce canned tomatoes whole with liquid, chopped peeled canned
- 1 pepper flakes chopped
- 0.5 tablespoon chili powder
- 2 cinnamon sticks
- 5 cloves garlic chopped
- 1.5 tablespoons ground cumin

- 2 pounds ground beef lean
- 2 large onion chopped
- 2 tablespoons oregano dried
- 2 tablespoons paprika
- 1.5 teaspoons salt
- 5 tablespoons vegetable oil

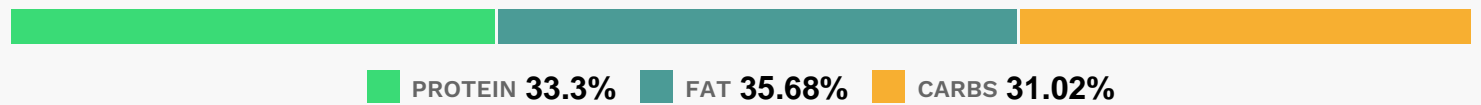
Equipment

- pot

Directions

- In a medium sized stock pot, heat the oil over medium heat.
- Saute onion, chile pepper and garlic until soft.
- Add ground beef: cook and stir until meat is browned.
- Pour in tomatoes with liquid, salt, pepper, cumin, chili powder, paprika, oregano, cinnamon sticks, and cloves. Cover and simmer for 45 minutes.
- Stir in kidney beans, and cook another 15 minutes.
- Remove cinnamon sticks before serving.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:5.29, Inflammation Score:-9, Nutrition Score:22.36869549233%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 304.77kcal (15.24%), Fat: 12.36g (19.02%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 16.19g (5.89%), Sugar: 6.31g (7.01%), Cholesterol: 56.25mg (18.75%), Sodium: 817.64mg (35.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.92%), Zinc: 5.57mg (37.14%), Vitamin B6: 0.69mg (34.67%), Manganese: 0.69mg (34.27%), Vitamin B12: 2.03µg (33.87%), Vitamin B3: 6.68mg (33.38%), Iron: 5.98mg (33.24%), Phosphorus: 319.97mg (32%), Fiber: 7.99g (31.98%), Vitamin K: 29.03µg (27.65%), Vitamin C: 21.45mg (26%), Potassium: 909mg (25.97%), Selenium: 17.54µg (25.06%), Vitamin A: 1027.61IU (20.55%), Vitamin B2: 0.32mg (18.55%), Magnesium: 73.73mg (18.43%), Copper: 0.34mg (16.87%), Vitamin E: 2.5mg (16.63%), Vitamin B1: 0.22mg (14.52%), Calcium: 118.71mg (11.87%), Folate: 47µg (11.75%), Vitamin B5: 0.95mg (9.48%)