



Chili con Carne with Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 19 ounce kidney beans rinsed drained canned
- ☐ 1.5 cups tomatoes canned crushed
- ☐ 14.5 ounce canned tomatoes diced with green pepper, celery, and onion canned
- ☐ 4 teaspoons chili powder
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound ground sirloin

- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt

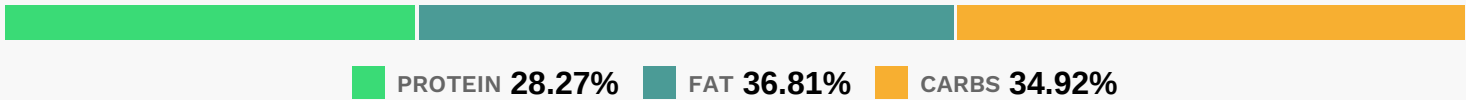
Equipment

- ☐ frying pan

Directions

- ☐ Cook first 6 ingredients in a large nonstick skillet over medium-high heat until beef is browned, stirring to crumble.
- ☐ Add crushed tomatoes, salt, and diced tomatoes; bring to a boil.
- ☐ Cook 4 minutes, stirring occasionally.
- ☐ Add beans; cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:11.62, Inflammation Score:-8, Nutrition Score:29.5239129999941%

Flavonoids

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 444.33kcal (22.22%), Fat: 18.72g (28.81%), Saturated Fat: 6.92g (43.26%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 27.55g (10.02%), Sugar: 12.9g (14.34%), Cholesterol: 77.11mg (25.7%), Sodium: 1002.87mg (43.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.71%), Fiber: 12.41g (49.63%), Manganese: 0.92mg (45.85%), Vitamin B6: 0.91mg (45.27%), Iron: 8.03mg (44.6%), Zinc: 6.68mg (44.55%), Vitamin B3: 8.67mg (43.34%), Phosphorus: 425.94mg (42.59%), Vitamin B12: 2.46µg (41.01%), Potassium: 1383.46mg (39.53%), Copper: 0.68mg (34.05%), Selenium: 21.43µg (30.62%), Magnesium: 112.49mg (28.12%), Vitamin C: 22.46mg (27.22%), Vitamin E: 3.72mg (24.83%), Vitamin B1: 0.37mg (24.75%), Vitamin B2: 0.4mg (23.54%), Vitamin A: 1081.04IU (21.62%), Folate: 75.45µg (18.86%), Vitamin K: 19.73µg (18.79%), Calcium: 154.25mg (15.42%), Vitamin B5: 1.41mg (14.1%)