



Chili I



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce kidney beans canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 tablespoons chili powder
- ☐ 2 cloves garlic chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 1 pound ground beef lean
- ☐ 1 cup onion chopped
- ☐ 8 servings salt to taste

- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon distilled vinegar white

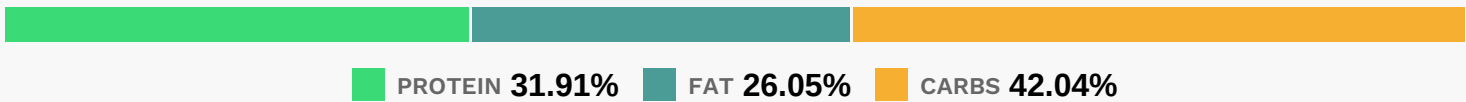
Equipment

- ☐ sauce pan

Directions

- ☐ In a 2 quart saucepan, brown hamburger in vegetable oil.
- ☐ Add onion and garlic, and cook until the onion is soft.
- ☐ Pour off any excess fat.
- ☐ Stir in beans, crushed tomatoes, chili powder, and vinegar. Salt and pepper to taste.
- ☐ Heat to boiling, and reduce heat. Cover, and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:7.8, Inflammation Score:-7, Nutrition Score:18.099565169086%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 240.97kcal (12.05%), Fat: 7.21g (11.09%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 17.58g (6.39%), Sugar: 7.33g (8.15%), Cholesterol: 35.15mg (11.72%), Sodium: 668.13mg (29.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.86g (39.73%), Fiber: 8.6g (34.39%), Manganese: 0.58mg (29.17%), Phosphorus: 269.89mg (26.99%), Vitamin B6: 0.53mg (26.58%), Zinc: 3.94mg (26.29%), Vitamin B3: 5.11mg (25.57%), Iron: 4.38mg (24.34%), Potassium: 835.93mg (23.88%), Vitamin B12: 1.27µg (21.17%), Copper: 0.41mg (20.66%), Vitamin K: 18.41µg (17.53%), Selenium: 12.26µg (17.51%), Magnesium: 69.58mg (17.39%), Vitamin E: 2.47mg (16.45%), Vitamin A: 807.34IU (16.15%), Vitamin B1: 0.23mg (15.08%), Vitamin C: 11.71mg (14.19%), Vitamin B2: 0.24mg (14.08%), Folate: 47.77µg (11.94%), Calcium: 82.91mg (8.29%), Vitamin B5: 0.83mg (8.26%)