



Chili in a Biscuit Bowl

READY IN



45 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups biscuit mix
- 15 ounce kidney beans drained and rinsed canned
- 2 teaspoons chili powder
- 6 servings toppings: cream sour sliced
- 1 medium size bell pepper green chopped
- 6 servings garnish: green onions
- 1 pound ground beef
- 0.5 teaspoon ground pepper red
- 0.7 cup milk

- 1 medium onion chopped
- 29 ounce stewed tomatoes mexican-style undrained canned

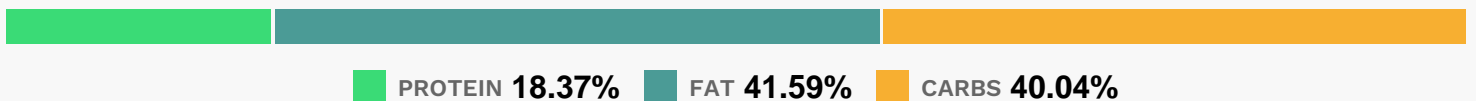
Equipment

- bowl
- baking sheet
- oven
- wire rack
- muffin tray
- dutch oven

Directions

- Stir together first 3 ingredients. Turn dough out onto a surface sprinkled with biscuit mix. Shape into a ball, and knead 3 to 4 times. Divide into 6 portions.
- Invert 6 (6-ounce) custard cups several inches apart on a lightly greased baking sheet. (Or use an inverted muffin pan.) Coat outsides of cups with vegetable cooking spray.
- Roll or pat each dough portion into a 6-inch circle.
- Place each on a custard cup; press into a bowl shape.
- Bake at 450 for 10 to 12 minutes. Cool slightly; remove biscuit bowls to a wire rack.
- Cook beef, onion, and bell pepper in a Dutch oven over medium heat until meat crumbles and is no longer pink; drain. Stir in tomatoes, beans, and chili powder.
- Bring beef mixture to a boil; cover, reduce heat, and simmer 35 minutes. Spoon into biscuit bowls, and serve with desired toppings.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:24.161738779234%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 490.07kcal (24.5%), Fat: 22.86g (35.17%), Saturated Fat: 8.02g (50.15%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 42.31g (15.39%), Sugar: 13.7g (15.22%), Cholesterol: 57.73mg (19.24%), Sodium: 1069.84mg (46.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.72g (45.44%), Phosphorus: 499.57mg (49.96%), Vitamin C: 31.2mg (37.82%), Vitamin K: 37.46µg (35.67%), Vitamin B3: 6.64mg (33.2%), Vitamin B12: 1.92µg (32%), Iron: 5.69mg (31.64%), Vitamin B1: 0.44mg (29.63%), Fiber: 7.2g (28.82%), Zinc: 4.32mg (28.8%), Vitamin B2: 0.45mg (26.32%), Manganese: 0.51mg (25.67%), Potassium: 888.84mg (25.4%), Selenium: 16.77µg (23.96%), Folate: 94.08µg (23.52%), Vitamin B6: 0.46mg (23.15%), Calcium: 202.98mg (20.3%), Copper: 0.4mg (20.16%), Magnesium: 71.27mg (17.82%), Vitamin A: 741.61IU (14.83%), Vitamin E: 1.97mg (13.16%), Vitamin B5: 1.14mg (11.4%), Vitamin D: 0.37µg (2.49%)