



Chili Joe's for Kids



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans canned
- ☐ 1 tablespoon chili powder
- ☐ 12 ounce tomato-based chili sauce
- ☐ 0.5 bell pepper green chopped
- ☐ 1.5 pounds ground beef
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion chopped
- ☐ 1.5 cups water

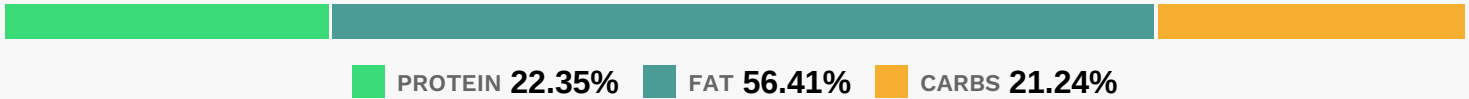
Equipment

☐ frying pan

Directions

- ☐ In a large skillet over medium heat, cook onion and bell pepper in olive oil until soft. Stir in beef and cook until brown.
- ☐ Sprinkle chili powder over mixture and pour in chili sauce. Fill empty bottle with water and shake to remove remaining sauce.
- ☐ Pour remaining sauce and water into pan. Stir in beans and simmer 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:4.48, Inflammation Score:-7, Nutrition Score:21.889130703781%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 537.92kcal (26.9%), Fat: 33.59g (51.67%), Saturated Fat: 11.36g (70.99%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 21.37g (7.77%), Sugar: 11.49g (12.77%), Cholesterol: 96.62mg (32.21%), Sodium: 1251.32mg (54.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.89%), Vitamin B12: 2.91µg (48.53%), Zinc: 6.43mg (42.9%), Vitamin B3: 7.52mg (37.58%), Phosphorus: 350.9mg (35.09%), Vitamin B6: 0.69mg (34.49%), Selenium: 22.48µg (32.11%), Fiber: 7.09g (28.35%), Vitamin C: 21.96mg (26.62%), Potassium: 908.42mg (25.95%), Iron: 4.62mg (25.66%), Vitamin E: 3.34mg (22.29%), Vitamin A: 981.31IU (19.63%), Vitamin B2: 0.33mg (19.26%), Copper: 0.34mg (16.8%), Manganese: 0.32mg (15.85%), Magnesium: 62.2mg (15.55%), Vitamin B1: 0.23mg (15.05%), Vitamin K: 15.46µg (14.73%), Folate: 41.49µg (10.37%), Vitamin B5: 0.83mg (8.33%), Calcium: 73.95mg (7.4%)