



## Chili Pasta with Beans

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

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes diced with green chiles (such as muir glen), undrained canned
- 1 tablespoon canola oil
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 0.8 pound ground sirloin
- 0.8 cup onion chopped
- 1 teaspoon oregano dried
- 15 ounce pinto beans rinsed drained canned

- 0.8 teaspoon salt
- 8 ounce tomato sauce canned
- 2 cups water
- 6 ounces ruote wheel-shaped uncooked ()

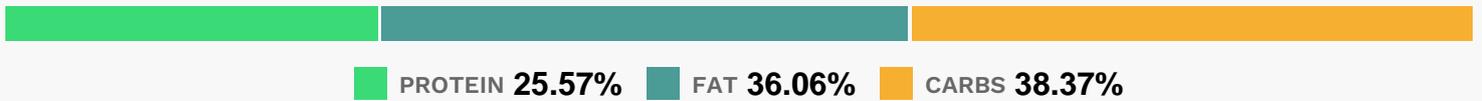
## Equipment

- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion and beef to pan; cook 4 minutes or until onion is tender and beef is browned, stirring to crumble. Stir in chili powder, cumin, and oregano; cook 1 minute. Stir in 2 cups water and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 18 minutes or until pasta is done.

## Nutrition Facts



## Properties

Glycemic Index:23.92, Glycemic Load:5.34, Inflammation Score:0, Nutrition Score:18.925652167071%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 288.77kcal (14.44%), Fat: 11.9g (18.31%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 19.26g (7.01%), Sugar: 5.57g (6.18%), Cholesterol: 38.56mg (12.85%), Sodium: 625.67mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Fiber: 9.23g (36.91%), Folate: 142.61µg (35.65%), Manganese: 0.57mg (28.48%), Vitamin B6: 0.56mg (27.76%), Iron: 4.54mg (25.22%), Phosphorus: 245.23mg (24.52%), Potassium: 854.69mg (24.42%), Zinc: 3.63mg (24.19%), Vitamin E: 3.27mg (21.8%), Vitamin B3: 4.28mg (21.41%), Selenium: 14.4µg (20.57%), Vitamin B12: 1.23µg (20.51%), Copper: 0.4mg (20.05%), Magnesium: 71.92mg (17.98%), Vitamin B1: 0.24mg (15.75%), Vitamin A: 716.61IU (14.33%), Vitamin C: 11.04mg (13.38%), Vitamin K: 13.15µg (12.52%), Vitamin B2: 0.21mg (12.42%), Calcium: 89.67mg (8.97%), Vitamin B5: 0.81mg (8.07%)