



## Chili Pie

READY IN



15 min.

SERVINGS



6

CALORIES



655 kcal

## Ingredients

- 30 ounce kidney beans drained canned
- 14.5 ounce canned tomatoes diced drained canned
- 2 teaspoons chili powder
- 8.5 ounce corn-bread mix (requires 1 egg and)
- 1 pound sausage sweet italian hot ( or )
- 0.8 cup salsa jarred
- 4 ounces cheddar shredded

## Equipment

- bowl

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 400 F. In a large skillet, over medium heat, cook the sausage, crumbling it with a spoon, until no trace of pink remains, about 7 minutes.
- Add the chili powder and cook for 1 minute. Spoon off and discard any fat.
- Add the beans, tomatoes, and salsa and simmer for 3 minutes. Meanwhile, in a bowl, combine the corn bread mix, egg, and milk, then stir in the Cheddar.
- Transfer the chili mixture to a 9-by-9-inch or 11-by-7-inch 2-quart baking dish.
- Spread the corn bread batter over the top.
- Bake until golden, 15 to 20 minutes.
- Let cool for 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.17, Glycemic Load:8.69, Inflammation Score:-7, Nutrition Score:24.921739277632%

## Nutrients (% of daily need)

Calories: 654.6kcal (32.73%), Fat: 35.87g (55.18%), Saturated Fat: 13.54g (84.65%), Carbohydrates: 57.4g (19.13%), Net Carbohydrates: 45.16g (16.42%), Sugar: 15.15g (16.84%), Cholesterol: 77.16mg (25.72%), Sodium: 1681.79mg (73.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.14%), Phosphorus: 574.88mg (57.49%), Vitamin B1: 0.82mg (54.74%), Fiber: 12.24g (48.97%), Selenium: 28.74µg (41.06%), Manganese: 0.76mg (37.91%), Vitamin B3: 5.79mg (28.94%), Vitamin B6: 0.58mg (28.93%), Vitamin B2: 0.47mg (27.46%), Iron: 4.84mg (26.89%), Potassium: 917.33mg (26.21%), Calcium: 245.82mg (24.58%), Folate: 94.61µg (23.65%), Copper: 0.46mg (23.12%), Zinc: 3.43mg (22.89%), Magnesium: 87.42mg (21.86%), Vitamin B12: 0.92µg (15.41%), Vitamin A: 736.53IU (14.73%), Vitamin K: 13.97µg (13.31%), Vitamin C: 9.61mg (11.65%), Vitamin E: 1.74mg (11.61%), Vitamin B5: 1.1mg (11.03%)