



Chili Soup

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

READY IN



45 min.

SERVINGS



14

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 60 ounce kidney beans canned
- 3 teaspoons chili powder
- 43 ounce condensed tomato soup canned
- 3 pounds ground beef
- 1.5 cups onion chopped
- 2 potatoes cubed
- 14 servings salt to taste
- 8 cups sacramento tomato juice

8 cups water

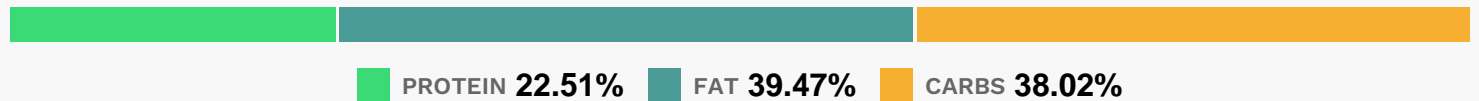
Equipment

pot

Directions

- In a large pot over medium heat, combine the ground beef and onions.
- Saute for 5 minutes, or until meat is browned.
- Drain excess fat and add the potatoes, beans, tomato soup, tomato juice, chili powder, water and salt to taste. Bring just to a boil and reduce heat to low. Simmer for 1 hour and serve.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:16.42, Inflammation Score:-8, Nutrition Score:24.599565272746%

Flavonoids

Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 457.87kcal (22.89%), Fat: 20.44g (31.44%), Saturated Fat: 7.68g (48.02%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 35.23g (12.81%), Sugar: 15.35g (17.06%), Cholesterol: 69.01mg (23%), Sodium: 928.4mg (40.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Vitamin C: 44.88mg (54.4%), Potassium: 1547.2mg (44.21%), Vitamin B6: 0.76mg (37.97%), Fiber: 9.06g (36.25%), Phosphorus: 357.95mg (35.79%), Zinc: 5.33mg (35.54%), Vitamin B12: 2.08µg (34.67%), Vitamin B3: 6.78mg (33.9%), Manganese: 0.66mg (32.85%), Selenium: 19.21µg (27.44%), Iron: 4.86mg (27.02%), Magnesium: 91.15mg (22.79%), Vitamin A: 1094.21IU (21.88%), Copper: 0.43mg (21.59%), Vitamin B1: 0.31mg (20.38%), Folate: 74.41µg (18.6%), Vitamin B2: 0.3mg (17.63%), Vitamin K: 13.81µg (13.15%), Vitamin B5: 1.11mg (11.08%), Calcium: 91.12mg (9.11%), Vitamin E: 1.33mg (8.89%)