



Chili Tortellini

 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1.5 tablespoons chili powder
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons garlic fresh minced
- ☐ 0.3 teaspoon garlic salt
- ☐ 2 tablespoons ground cumin

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound ground beef lean
- ☐ 1 cup onion finely chopped
- ☐ 30 ounce beans black red canned
- ☐ 32 ounces reduced sodium chicken broth
- ☐ 1 pound tortellini

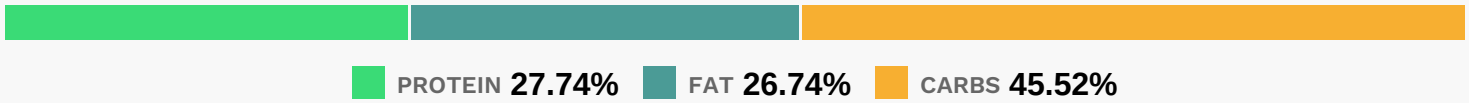
Equipment

- ☐ dutch oven

Directions

- ☐ Cook tortellini according to package directions.
- ☐ Heat olive oil into a large dutch oven over medium heat.
- ☐ Saute onion and garlic for about 5 minutes then brown beef until browned.
- ☐ Drain if necessary.
- ☐ Add broth, tomatoes, beans, cumin, chili powder and cilantro.
- ☐ Add cooked tortellini and heat for 10 minutes or until hot. Reduce heat to a low simmer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:14.57, Inflammation Score:-6, Nutrition Score:14.906087059042%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 341.95kcal (17.1%), Fat: 10.36g (15.94%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 31.78g (11.56%), Sugar: 5.65g (6.27%), Cholesterol: 45.36mg (15.12%), Sodium: 725.32mg (31.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.37%), Fiber: 7.92g (31.69%), Iron: 5.14mg (28.58%), Vitamin B3: 4.91mg (24.54%), Phosphorus: 237.93mg (23.79%), Manganese: 0.45mg (22.39%), Zinc: 3.2mg (21.34%), Vitamin B6: 0.39mg (19.47%), Potassium: 660.21mg (18.86%), Vitamin B12: 1.11µg (18.45%), Copper: 0.32mg (16%), Selenium: 9.71µg (13.87%), Calcium: 133.62mg (13.36%), Magnesium: 53.38mg (13.35%), Vitamin B2: 0.2mg (11.88%), Vitamin K: 11.55µg (11%), Vitamin B1: 0.16mg (10.82%), Vitamin E: 1.6mg (10.68%), Vitamin A: 517.19IU (10.34%), Folate: 33.96µg (8.49%), Vitamin C: 6.59mg (7.99%), Vitamin B5: 0.57mg (5.65%)