



Chili with Corn Dumplings

READY IN



45 min.

SERVINGS



10

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups baking mix
- 46.5 oz corn divided undrained canned
- 45 oz tomato sauce canned
- 6 tablespoons chili powder
- 0.7 cup cornmeal
- 3 tablespoons cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 4.5 lbs ground beef
- 0.7 cup milk

- 2.3 cups onion chopped
- 1 tablespoon hot sauce hot
- 42 oz stewed tomatoes canned

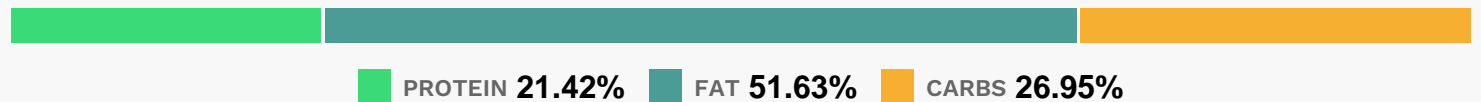
Equipment

- bowl
- dutch oven

Directions

- Brown ground beef and onion in a Dutch oven over medium heat; drain. Set aside 1 1/2 cups corn; stir remaining corn with liquid, tomatoes, sauces, chili powder and garlic into beef mixture. Bring to a boil. Reduce heat; cover and simmer 15 minutes.
- Combine baking mix and cornmeal in a medium bowl; stir in milk, cilantro, and reserved corn just until moistened. Drop dough by rounded tablespoonfuls onto simmering chili. Cook over low heat, uncovered, 15 minutes. Cover and cook 15 to 18 more minutes or until dumplings are dry on top.

Nutrition Facts



Properties

Glycemic Index:24.05, Glycemic Load:7.9, Inflammation Score:-9, Nutrition Score:36.003043330234%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 825.82kcal (41.29%), Fat: 47.66g (73.32%), Saturated Fat: 17.22g (107.6%), Carbohydrates: 55.96g (18.65%), Net Carbohydrates: 49.22g (17.9%), Sugar: 13.44g (14.94%), Cholesterol: 147.19mg (49.06%), Sodium: 1544.94mg (67.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.49g (88.99%), Vitamin B12: 4.52µg (75.31%), Zinc: 10.15mg (67.7%), Vitamin B3: 13.39mg (66.93%), Phosphorus: 594.95mg (59.5%), Vitamin B6: 1.04mg (52.25%), Selenium: 35.52µg (50.74%), Iron: 8.75mg (48.59%), Potassium: 1565.87mg (44.74%), Vitamin A:

2218.38IU (44.37%), Vitamin E: 5.57mg (37.16%), Vitamin B2: 0.61mg (35.63%), Vitamin C: 24.58mg (29.79%), Manganese: 0.57mg (28.33%), Copper: 0.56mg (28.05%), Magnesium: 110.97mg (27.74%), Fiber: 6.74g (26.97%), Folate: 101.92µg (25.48%), Vitamin B1: 0.36mg (23.77%), Vitamin B5: 1.91mg (19.14%), Calcium: 172.76mg (17.28%), Vitamin K: 16.85µg (16.05%), Vitamin D: 0.38µg (2.55%)