



WHATSheATE



Chili with Ground Pork



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



213 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce tomato sauce canned
- ☐ 12 servings chili powder to taste
- ☐ 12 servings marjoram dried to taste
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 12 servings ground nutmeg to taste
- ☐ 1 pound ground pork lean
- ☐ 8 ounce mushroom pieces canned

- ☐ 2 tablespoons olive oil
- ☐ 4 medium onions chopped
- ☐ 15 ounce peas sweet canned
- ☐ 1 bell pepper red chopped
- ☐ 12 servings salt to taste
- ☐ 14.5 ounce turtle beans canned

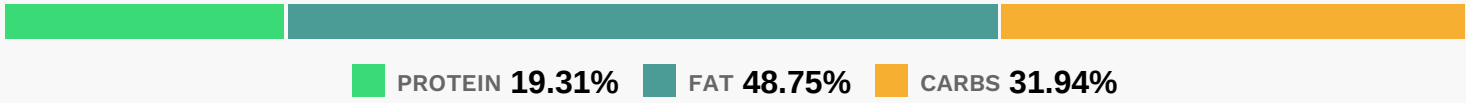
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large, deep skillet over medium heat, and cook the ground pork until evenly browned. Reserving the juices in the skillet, remove pork, and set aside.
- ☐ Stir the onions and garlic into the skillet, and cook in the pork juices over medium heat until tender.
- ☐ Mix in the mushrooms, wax beans, peas, green bell pepper, and red bell pepper. Cook and stir until tender and heated through.
- ☐ Return the pork to the skillet.
- ☐ Mix in the tomato sauce. Season with chili powder, nutmeg, marjoram, and salt. Reduce heat, and simmer about 45 minutes to allow the flavors to blend.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:3.13, Inflammation Score:-9, Nutrition Score:16.995652240256%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.7mg, Quercetin: 7.7mg,

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Nutrients (% of daily need)

Calories: 212.53kcal (10.63%), Fat: 12.01g (18.48%), Saturated Fat: 3.97g (24.78%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 12.32g (4.48%), Sugar: 6.84g (7.6%), Cholesterol: 27.22mg (9.07%), Sodium: 633.33mg (27.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.41%), Vitamin C: 39.53mg (47.91%), Vitamin A: 1854.63IU (37.09%), Vitamin B1: 0.38mg (25.32%), Fiber: 5.4g (21.6%), Vitamin B6: 0.42mg (20.84%), Manganese: 0.39mg (19.61%), Vitamin K: 20.31µg (19.34%), Vitamin B3: 3.82mg (19.12%), Iron: 3.32mg (18.42%), Selenium: 12.73µg (18.19%), Potassium: 631.31mg (18.04%), Folate: 71.19µg (17.8%), Phosphorus: 165.65mg (16.57%), Vitamin B2: 0.26mg (15.39%), Vitamin E: 2.28mg (15.19%), Copper: 0.29mg (14.49%), Magnesium: 50.99mg (12.75%), Zinc: 1.74mg (11.63%), Vitamin B5: 0.88mg (8.82%), Calcium: 79.87mg (7.99%), Vitamin B12: 0.27µg (4.54%)