

Chili with Ziti

READY IN



45 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans drained canned
- 8 ounce tomato sauce canned
- 2 tablespoons chili powder
- 1 clove garlic minced
- 0.5 teaspoon ground cinnamon
- 1.5 pounds ground beef lean
- 1 onion finely chopped
- 0.5 teaspoon oregano dried crushed
- 6 servings salt and pepper to taste

- 1 cup cheddar cheese shredded
- 0.5 cup water
- 16 ounces ziti pasta dry

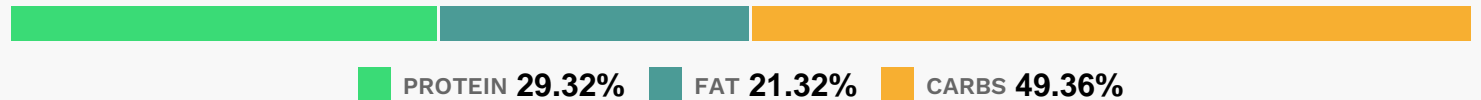
Equipment

- pot

Directions

- In a medium pot over medium heat, brown the ground beef, onion and garlic until the meat is no longer pink; drain fat.
- Pour in tomato sauce, chili powder, oregano and cinnamon; mix thoroughly.
- Pour in kidney beans and water; stir well. Salt and pepper to taste. Simmer on low for 30 minutes.
- Bring a medium pot of lightly salted water to a boil.
- Pour in the ziti pasta and cook for 8 to 10 minutes or until al dente; drain.
- Serve the chili over the ziti and top with cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:27.41, Inflammation Score:-8, Nutrition Score:29.124347676402%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 595.6kcal (29.78%), Fat: 13.99g (21.53%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 72.88g (24.29%), Net Carbohydrates: 64.73g (23.54%), Sugar: 5.72g (6.36%), Cholesterol: 89.14mg (29.71%), Sodium: 802.54mg (34.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.29g (86.58%), Selenium: 74.57µg (106.52%), Phosphorus: 553.43mg (55.34%), Zinc: 8.21mg (54.76%), Manganese: 1.07mg (53.42%), Vitamin B12: 2.74µg (45.66%), Vitamin B3: 8.59mg (42.97%), Vitamin B6: 0.74mg (37.23%), Fiber: 8.15g (32.61%), Iron: 5.55mg (30.81%),

Potassium: 955.61mg (27.3%), Magnesium: 103.72mg (25.93%), Copper: 0.5mg (25%), Vitamin B2: 0.41mg (24.39%), Vitamin A: 1146.79IU (22.94%), Calcium: 204.04mg (20.4%), Vitamin B1: 0.22mg (14.71%), Vitamin E: 2.16mg (14.37%), Vitamin B5: 1.39mg (13.92%), Folate: 49.71µg (12.43%), Vitamin K: 8.82µg (8.4%), Vitamin C: 4.75mg (5.76%), Vitamin D: 0.23µg (1.51%)