

Chili Without The Beans



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



10

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 29 ounce canned tomatoes diced canned
- ☐ 2 cloves garlic minced
- ☐ 2 pounds ground beef lean
- ☐ 1 onion chopped
- ☐ 1 teaspoon pepper sauce hot
- ☐ 6 potatoes diced
- ☐ 4 cups water

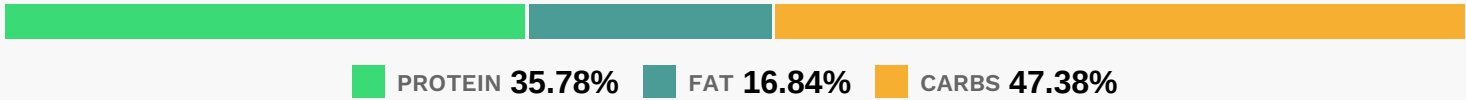
Equipment

☐ pot

Directions

- ☐ In a large pot, brown the meat, and then add the onion and garlic. Cook until the onion is soft.
- ☐ Pour in the tomatoes and water.
- ☐ Add the potatoes. Cook for 45 minutes.
- ☐ Add hot sauce, and cook for an additional 10 minutes. Before serving stir in chopped fresh parsley or dried parsley.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:19.04, Inflammation Score:-6, Nutrition Score:21.087391278018%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 264.54kcal (13.23%), Fat: 5.02g (7.73%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 26.6g (9.67%), Sugar: 6.61g (7.34%), Cholesterol: 56.25mg (18.75%), Sodium: 393.48mg (17.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.05%), Vitamin B6: 0.92mg (45.94%), Vitamin C: 37.02mg (44.87%), Vitamin B3: 7.78mg (38.88%), Zinc: 5.34mg (35.6%), Potassium: 1238.15mg (35.38%), Vitamin B12: 2.03µg (33.87%), Phosphorus: 294.41mg (29.44%), Iron: 4.67mg (25.93%), Selenium: 17.06µg (24.37%), Copper: 0.43mg (21.43%), Manganese: 0.43mg (21.25%), Fiber: 5.21g (20.85%), Magnesium: 74.39mg (18.6%), Vitamin B2: 0.26mg (15.37%), Vitamin B1: 0.22mg (14.51%), Vitamin B5: 1.34mg (13.38%), Vitamin E: 1.91mg (12.73%), Folate: 41.63µg (10.41%), Vitamin K: 8.31µg (7.92%), Vitamin A: 364.37IU (7.29%), Calcium: 63.89mg (6.39%)