



## Chilly Night Chili

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4.5 ounce chiles green chopped canned
- 32 ounce kidney beans undrained canned
- 28 ounce canned tomatoes diced undrained canned
- 10 servings toppings: cheddar cheese shredded sour ripe sliced
- 2 tablespoons chili powder
- 10 servings rice hot cooked
- 2 garlic cloves minced
- 2 teaspoons ground cumin

- 2 pounds ground beef lean
- 1 large onion diced
- 1 teaspoon pepper
- 2 teaspoons salt
- 16 ounce tomato purée canned
- 1 cup water

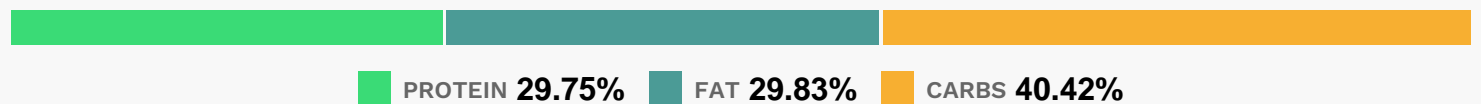
## Equipment

- dutch oven

## Directions

- Cook beef and onion in a Dutch oven over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Return to Dutch oven.
- Add tomatoes and next 9 ingredients.
- Bring mixture to a boil; reduce heat, and simmer 45 minutes.
- Serve over hot rice with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:35.8, Glycemic Load:31.56, Inflammation Score:-8, Nutrition Score:27.791303997454%

## Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

## Nutrients (% of daily need)

Calories: 478.87kcal (23.94%), Fat: 16.01g (24.63%), Saturated Fat: 8.04g (50.23%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 40.19g (14.62%), Sugar: 8.07g (8.97%), Cholesterol: 86.25mg (28.75%), Sodium: 1198.34mg (52.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.92g (71.84%), Phosphorus: 500.85mg (50.09%), Manganese: 0.97mg (48.69%), Zinc: 7.14mg (47.62%), Selenium: 32.5µg (46.43%), Vitamin B6: 0.79mg

(39.3%), Vitamin B12: 2.35µg (39.17%), Vitamin B3: 7.6mg (37.98%), Fiber: 8.63g (34.51%), Iron: 5.9mg (32.76%), Calcium: 316.9mg (31.69%), Potassium: 1045.81mg (29.88%), Copper: 0.53mg (26.49%), Vitamin B2: 0.44mg (25.85%), Magnesium: 96.3mg (24.08%), Vitamin C: 17.9mg (21.7%), Vitamin A: 1065.79IU (21.32%), Vitamin E: 2.72mg (18.11%), Vitamin B1: 0.27mg (17.83%), Folate: 63.29µg (15.82%), Vitamin B5: 1.53mg (15.29%), Vitamin K: 13.43µg (12.79%), Vitamin D: 0.27µg (1.8%)