



Chunky Beef-and-Vegetable Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounce kidney beans drained canned
- 1 cup carrots diced
- 2.5 tablespoons chili powder
- 3 garlic cloves crushed
- 0.8 pound ground beef
- 2.5 teaspoons ground cumin
- 0.3 teaspoon hot sauce
- 2 cups mushrooms sliced

- 29 ounce no-salt-added tomatoes whole undrained coarsely chopped canned
- 1 cup onion chopped
- 1.5 teaspoons oregano dried
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 16 ounce no-salt-added tomato sauce canned
- 1.5 cups water
- 1 cup bell pepper diced yellow
- 2.5 cups zucchini diced

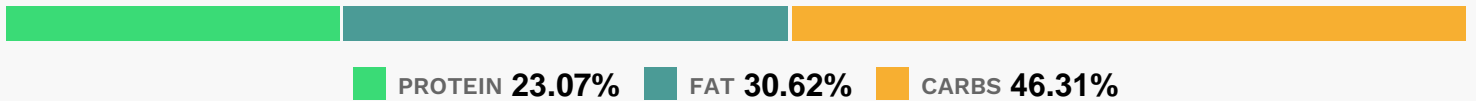
Equipment

- frying pan
- dutch oven

Directions

- Cook the meat, mushrooms, onion, bell pepper, and garlic in a large Dutch oven over medium-high heat until browned, stirring to crumble.
- Drain mixture, and return to pan.
- Add remaining ingredients, and bring to a boil. Partially cover, reduce heat, and simmer 1 1/2 hours or until thickened, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:51.42, Glycemic Load:10.27, Inflammation Score:-10, Nutrition Score:29.85173936253%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg,

Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 320.47kcal (16.02%), Fat: 11.48g (17.66%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 26.95g (9.8%), Sugar: 12.95g (14.39%), Cholesterol: 34.51mg (11.5%), Sodium: 922.93mg (40.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.92%), Vitamin A: 4468.65IU (89.37%), Vitamin C: 67.42mg (81.72%), Fiber: 12.12g (48.49%), Manganese: 0.84mg (41.93%), Potassium: 1301.51mg (37.19%), Vitamin B6: 0.73mg (36.37%), Iron: 5.98mg (33.24%), Phosphorus: 327.39mg (32.74%), Vitamin B3: 6.15mg (30.76%), Copper: 0.58mg (28.85%), Vitamin B2: 0.47mg (27.82%), Zinc: 3.74mg (24.9%), Magnesium: 96.25mg (24.06%), Vitamin E: 3.33mg (22.21%), Vitamin B1: 0.31mg (20.83%), Folate: 82.91µg (20.73%), Vitamin K: 21.68µg (20.65%), Selenium: 12.89µg (18.42%), Vitamin B12: 1.05µg (17.52%), Calcium: 140.57mg (14.06%), Vitamin B5: 1.4mg (14.04%)