

Cincinnati Chili II

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans canned
- ☐ 3 tablespoons chili powder
- ☐ 21.5 ounce condensed tomato soup canned
- ☐ 2 cloves garlic minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup onion chopped

- ☐ 0.3 cup cheddar cheese shredded
- ☐ 1 tablespoon distilled vinegar white

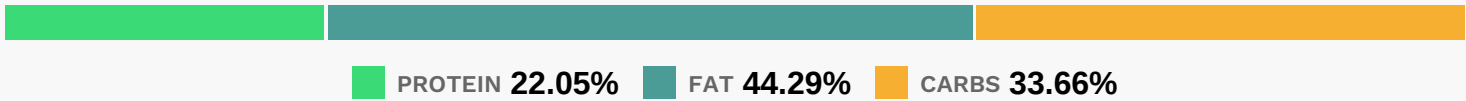
Equipment

- ☐ sauce pan

Directions

- ☐ In a 4 quart saucepan over medium heat, cook ground beef, green pepper, onion, chili powder and garlic, until beef is browned and vegetables are tender.
- ☐ Drain fat off of beef/vegetable mixture.
- ☐ Add undrained kidney beans, tomato soup, vinegar and cinnamon to soup, and bring to a boil. Simmer for 15 minutes, stirring occasionally.
- ☐ Heat through.
- ☐ Serve with sprinkled cheese on top.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:11.07, Inflammation Score:-9, Nutrition Score:23.559130443179%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 431.33kcal (21.57%), Fat: 21.67g (33.33%), Saturated Fat: 8.39g (52.45%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 28.67g (10.43%), Sugar: 13.38g (14.87%), Cholesterol: 70.06mg (23.35%), Sodium: 855.56mg (37.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Vitamin C: 41.96mg (50.86%), Vitamin A: 2068.66IU (41.37%), Potassium: 1329.93mg (38%), Zinc: 5.03mg (33.56%), Vitamin B6: 0.67mg (33.56%), Fiber: 8.38g (33.5%), Vitamin B12: 2µg (33.35%), Phosphorus: 324.18mg (32.42%), Manganese: 0.6mg (30.16%), Vitamin B3: 6.03mg (30.16%), Selenium: 21.05µg (30.07%), Iron: 4.55mg (25.26%), Vitamin E: 2.79mg (18.62%), Magnesium: 71.65mg (17.91%), Vitamin B2: 0.29mg (17.27%), Copper: 0.32mg (16.06%), Vitamin K: 16.55µg (15.76%), Vitamin B1:

0.22mg (14.72%), Calcium: 122.65mg (12.27%), Folate: 37.06µg (9.26%), Vitamin B5: 0.69mg (6.89%)