



## Coward's Chili

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



11

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 30 ounce kidney beans drained canned
- 2 teaspoons chili powder
- 1 return beef mixture to dutch oven. stir in chili powder and cumin. cook
- 2 cups bell pepper green chopped
- 0.5 teaspoon ground cumin
- 1.5 pounds ground round
- 29 ounce no-salt-added tomatoes undrained chopped canned
- 0.3 teaspoon pepper freshly ground

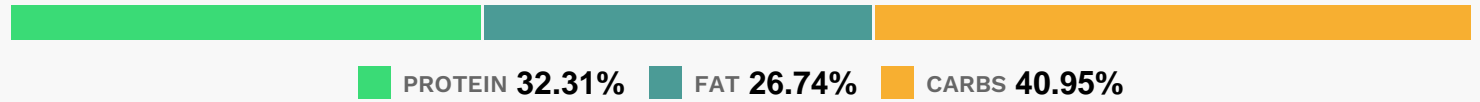
- 0.5 teaspoon salt
- 6 ounce no-salt-added tomato paste canned
- 16 ounce no-salt-added tomato sauce canned
- 1 cup water
- 2 cups onion yellow coarsely chopped

## Equipment

## Directions

- None

## Nutrition Facts



## Properties

Glycemic Index:19.64, Glycemic Load:6.26, Inflammation Score:-7, Nutrition Score:18.266087061685%

## Flavonoids

Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

## Nutrients (% of daily need)

Calories: 225.33kcal (11.27%), Fat: 6.91g (10.63%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 16.59g (6.03%), Sugar: 8.47g (9.41%), Cholesterol: 40.2mg (13.4%), Sodium: 678.88mg (29.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.55%), Vitamin C: 37.79mg (45.8%), Fiber: 7.2g (28.81%), Vitamin B6: 0.55mg (27.54%), Potassium: 918.75mg (26.25%), Vitamin B3: 5.15mg (25.74%), Zinc: 3.84mg (25.62%), Phosphorus: 249.43mg (24.94%), Iron: 4.22mg (23.43%), Manganese: 0.47mg (23.28%), Vitamin B12: 1.37µg (22.78%), Selenium: 12.49µg (17.84%), Copper: 0.35mg (17.57%), Magnesium: 63.27mg (15.82%), Vitamin B2: 0.26mg (15.25%), Vitamin E: 2.23mg (14.88%), Vitamin A: 714.55IU (14.29%), Vitamin B1: 0.19mg (12.74%), Folate: 43.72µg (10.93%), Vitamin K: 11.34µg (10.8%), Vitamin B5: 0.77mg (7.73%), Calcium: 76.74mg (7.67%)