

Cynthia's Famous Chili

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons ground annatto seed
- 15 ounce black beans drained and rinsed canned
- 29 ounce tomatoes diced canned
- 15 ounce pinto beans drained and rinsed canned
- 15 ounce beans red drained and rinsed canned
- 1.3 ounce chili seasoning mccormick® (such as Mild Chili Seasoning Mix)
- 1 clove garlic minced to taste
- 1 bell pepper green chopped

- 1 pound ground beef
- 1.5 teaspoons ground cumin
- 1 small onion chopped
- 1.5 teaspoons paprika
- 1 teaspoon pepper flakes red
- 1 tablespoon lawry's seasoned salt

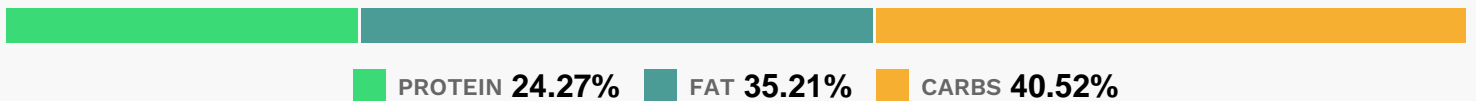
Equipment

- pot

Directions

- Break the ground beef into small pieces into a large pot over medium-high heat. Stir green bell pepper, onion, seasoned salt, 1 1/2 teaspoon ground annatto seed, 1 1/2 teaspoon ground cumin, 1 1/2 teaspoon paprika, and 1 1/2 teaspoon red pepper flakes through the ground beef; cook and stir until the beef is completely browned, about 10 minutes.
- Pour diced tomatoes, pinto beans, black beans, and red beans into the pot; season with chili seasoning, 1 1/2 teaspoon ground cumin, 1 1/2 teaspoon paprika, 1 1/2 teaspoon ground annatto seed, 1 teaspoon red pepper flakes, and garlic. Bring to a boil, reduce heat to medium-low, and simmer until the beans are tender, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:14.889130467954%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 212.8kcal (10.64%), Fat: 8.59g (13.22%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 14.14g (5.14%), Sugar: 3.48g (3.87%), Cholesterol: 26.84mg (8.95%), Sodium: 1032.34mg (44.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.65%), Vitamin A: 1748.64IU (34.97%), Fiber: 8.11g (32.45%), Manganese: 0.44mg (22.12%), Iron: 3.96mg (22.01%), Vitamin C: 16.39mg (19.87%), Phosphorus: 197.04mg (19.7%), Vitamin B6: 0.38mg (18.88%), Potassium: 637.69mg (18.22%), Zinc: 2.47mg (16.47%), Vitamin B3: 2.98mg (14.92%), Magnesium: 57.21mg (14.3%), Copper: 0.28mg (14.23%), Vitamin B12: 0.81µg (13.48%), Folate: 51.21µg (12.8%), Vitamin E: 1.87mg (12.48%), Vitamin B2: 0.21mg (12.47%), Vitamin B1: 0.17mg (11.61%), Selenium: 6.9µg (9.86%), Calcium: 80.74mg (8.07%), Vitamin K: 8.39µg (7.99%), Vitamin B5: 0.53mg (5.3%)