



Easy Chili

 Gluten Free

READY IN



85 min.

SERVINGS



25

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 oz beef broth fat-free reduced-sodium canned
- 30 oz kidney beans rinsed canned
- 3 Tbsp chili powder
- 0.3 cup cilantro leaves fresh finely chopped
- 0.5 tsp ground pepper black
- 1.5 lb ground beef lean
- 1 large onion finely chopped
- 2 jalapeño peppers cut into thin slices

- 8 oz sharp cheddar cheese shredded kraft
- 2 Tbsp soya sauce
- 28 oz tomato purée canned
- 2 Tbsp lea & perrins worcestershire sauce

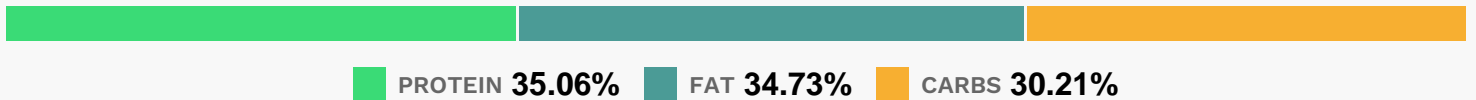
Equipment

- frying pan
- dutch oven

Directions

- Brown meat in Dutch oven or large deep skillet on medium heat; drain.
- Add onions and jalapeo peppers; cook 5 to 7 min. or until crisp-tender, stirring frequently.
- Add all remaining ingredients except cilantro and cheese; stir. Cover; simmer on low heat 1 hour, stirring occasionally.
- Serve topped with cilantro and cheese.

Nutrition Facts



Properties

Glycemic Index:9.32, Glycemic Load:2.56, Inflammation Score:-5, Nutrition Score:8.7999999860059%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 122.1kcal (6.11%), Fat: 4.82g (7.41%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 6.4g (2.33%), Sugar: 2.77g (3.08%), Cholesterol: 25.95mg (8.65%), Sodium: 350.91mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Phosphorus: 151.01mg (15.1%), Vitamin C: 11.52mg (13.96%), Zinc: 2.09mg (13.93%), Fiber: 3.03g (12.12%), Vitamin B6: 0.24mg (11.98%), Vitamin B12: 0.71µg (11.76%), Selenium: 8.12µg (11.59%), Vitamin B3: 2.29mg (11.44%), Potassium: 374.96mg (10.71%), Manganese: 0.21mg (10.47%), Iron: 1.82mg (10.14%), Vitamin A: 491.24IU (9.82%), Calcium: 94.78mg (9.48%), Vitamin B2: 0.14mg (8.28%),

Copper: 0.16mg (7.79%), Magnesium: 28.84mg (7.21%), Vitamin E: 0.96mg (6.37%), Vitamin B1: 0.09mg (5.75%),
Vitamin K: 5.7µg (5.42%), Folate: 19.07µg (4.77%), Vitamin B5: 0.38mg (3.77%)