



Easy Chili Mole



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz canned tomatoes crushed canned
- ☐ 15 oz chili beans sauce undrained canned
- ☐ 1.3 oz chili seasoning
- ☐ 8 6-inch corn tortillas soft ()
- ☐ 1 lb ground beef 90% (at least)
- ☐ 0.5 cup onion chopped
- ☐ 1 oz baker's chocolate unsweetened coarsely chopped

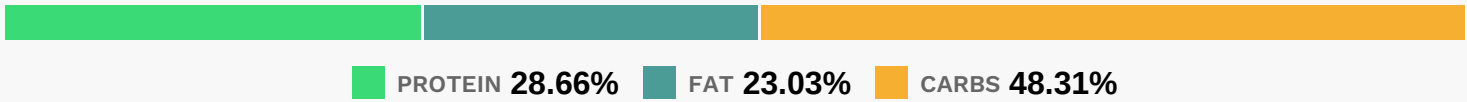
Equipment

☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, cook beef and onion over medium heat, stirring occasionally, until beef until thoroughly cooked; drain.
- ☐ Stir in seasoning mix, both tomatoes and beans.
- ☐ Heat to boiling over high heat. Reduce heat to low; cover and cook 15 minutes, stirring occasionally, to blend flavors. Stir in chocolate just until melted.
- ☐ Serve with tortillas.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:7.39, Inflammation Score:-9, Nutrition Score:20.865652182828%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 251.92kcal (12.6%), Fat: 6.82g (10.49%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 24.14g (8.78%), Sugar: 8.3g (9.22%), Cholesterol: 35.15mg (11.72%), Sodium: 569.74mg (24.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.2%), Vitamin A: 2402.19IU (48.04%), Zinc: 5.11mg (34.05%), Vitamin B6: 0.68mg (33.97%), Phosphorus: 338.5mg (33.85%), Fiber: 8.06g (32.24%), Iron: 5.52mg (30.68%), Copper: 0.55mg (27.46%), Vitamin B3: 5.41mg (27.07%), Potassium: 919.47mg (26.27%), Manganese: 0.5mg (25.15%), Magnesium: 95.43mg (23.86%), Vitamin B12: 1.28µg (21.26%), Vitamin E: 2.89mg (19.26%), Selenium: 13.35µg (19.08%), Vitamin B2: 0.3mg (17.66%), Vitamin C: 10.81mg (13.11%), Vitamin B1: 0.17mg (11.19%), Calcium: 92.4mg (9.24%), Vitamin K: 9.58µg (9.13%), Folate: 35.92µg (8.98%), Vitamin B5: 0.8mg (7.98%)