



Easy Homemade Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans canned
- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 pinch chili powder
- ☐ 1 pinch garlic powder
- ☐ 1 pound ground beef
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper to taste

☐ 1.5 cups water

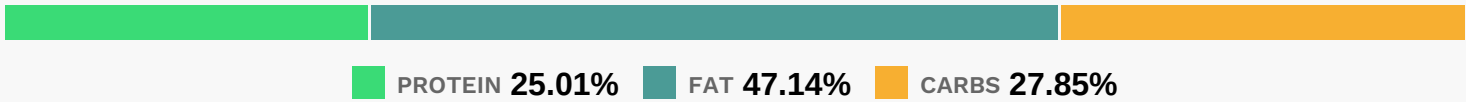
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, combine the beef and onion and saute until meat is browned and onion is tender.
- ☐ Add the stewed tomatoes with juice, tomato sauce, beans and water.
- ☐ Season with the chili powder, garlic powder, salt and ground black pepper to taste. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:6.51, Inflammation Score:-6, Nutrition Score:16.419999972634%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 295.8kcal (14.79%), Fat: 15.8g (24.31%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 21g (7%), Net Carbohydrates: 14.56g (5.29%), Sugar: 7.63g (8.48%), Cholesterol: 53.68mg (17.89%), Sodium: 856.23mg (37.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.72%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.98mg (26.53%), Fiber: 6.44g (25.76%), Vitamin B3: 5.11mg (25.54%), Vitamin B6: 0.5mg (24.79%), Phosphorus: 241.07mg (24.11%), Potassium: 826.95mg (23.63%), Iron: 3.97mg (22.04%), Manganese: 0.44mg (21.98%), Copper: 0.37mg (18.71%), Selenium: 13.06µg (18.65%), Vitamin C: 13.19mg (15.99%), Magnesium: 60.91mg (15.23%), Vitamin E: 2.21mg (14.74%), Vitamin B2: 0.25mg (14.48%), Vitamin B1: 0.18mg (12.3%), Folate: 42.5µg (10.63%), Vitamin K: 9.97µg (9.5%), Vitamin A: 459.49IU (9.19%), Vitamin B5: 0.9mg (9.04%), Calcium: 73.56mg (7.36%)