



Easy Italian-Style Chili

READY IN



30 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz kidney beans rinsed canned
- 1 Tbsp chili powder
- 1 lb ground beef lean
- 1 onion chopped
- 0.3 cup parmesan cheese divided grated kraft
- 2 cups pasta shapes uncooked
- 24 oz classico family favorites pasta sauce traditional
- 2 cups water

Equipment

- frying pan
- dutch oven

Directions

- Brown meat in Dutch oven or large deep skillet; drain.
- Add pasta sauce, water, pasta, beans, onions, 1/4 cup cheese and chili powder; stir. Cover; cook on medium heat 10 to 12 min. or until pasta is tender, stirring occasionally.
- Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:11.84, Inflammation Score:-7, Nutrition Score:19.795652055222%

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: 296.88kcal (14.84%), Fat: 6.44g (9.91%), Saturated Fat: 2.76g (17.23%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 27.66g (10.06%), Sugar: 6.76g (7.51%), Cholesterol: 51.7mg (17.23%), Sodium: 893.8mg (38.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.76%), Selenium: 29.56µg (42.23%), Zinc: 5.16mg (34.37%), Phosphorus: 337.77mg (33.78%), Vitamin B3: 6.15mg (30.74%), Vitamin B12: 1.77µg (29.47%), Manganese: 0.57mg (28.48%), Fiber: 6.87g (27.49%), Vitamin B6: 0.55mg (27.35%), Potassium: 890.22mg (25.43%), Iron: 4.33mg (24.04%), Copper: 0.39mg (19.3%), Vitamin A: 934.77IU (18.7%), Magnesium: 72.06mg (18.01%), Vitamin B2: 0.29mg (17.15%), Vitamin E: 2.42mg (16.14%), Vitamin C: 9.87mg (11.96%), Vitamin B1: 0.16mg (10.97%), Calcium: 107.53mg (10.75%), Vitamin B5: 1.07mg (10.67%), Folate: 40.2µg (10.05%), Vitamin K: 7.9µg (7.53%)