



## Easy Texas Chili

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 large bell pepper minced
- 1 large bell pepper minced
- 56 ounce tomatoes diced canned
- 45 ounce pinto beans canned
- 32 ounce tomato sauce canned
- 0.5 cup chili powder
- 0.3 teaspoon garlic powder
- 1 teaspoon pepper black

- 2 pounds ground beef lean
- 1 large onion diced
- 1 teaspoon pepper red crushed
- 0.5 teaspoon salt

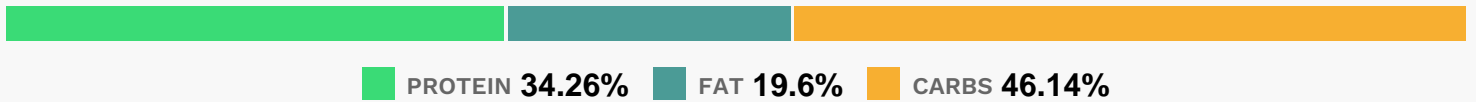
## Equipment

- pot

## Directions

- Cook and stir the beef, onion, and bell pepper in a large pot over medium heat until the beef is brown and onion and pepper are tender, about 10 minutes.
- Drain grease from beef.
- Stir in beans, tomatoes, tomato sauce, jalapenos (if using), chili powder, red pepper flakes, black pepper, salt, and garlic powder. Bring mixture to a slow boil; cover and reduce heat. Simmer chili at least 30 minutes, stirring occasionally so that it does not stick. This chili can be simmered for several hours; the longer you simmer, the more flavor you will get.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:10.47, Inflammation Score:-10, Nutrition Score:45.335217506989%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

## Nutrients (% of daily need)

Calories: 408.57kcal (20.43%), Fat: 9.46g (14.55%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 50.09g (16.7%), Net Carbohydrates: 32.59g (11.85%), Sugar: 13.99g (15.54%), Cholesterol: 70.31mg (23.44%), Sodium: 1717.94mg (74.69%), Alcohol: 0g (100%), Protein: 37.2g (74.4%), Vitamin A: 6467.05IU (129.34%), Vitamin C: 81.48mg (98.77%),

Vitamin E: 10.6mg (70.66%), Fiber: 17.51g (70.02%), Vitamin B6: 1.35mg (67.64%), Iron: 10.9mg (60.58%),  
Manganese: 1.15mg (57.57%), Vitamin B3: 11.37mg (56.83%), Potassium: 1953.93mg (55.83%), Zinc: 7.98mg (53.2%),  
Phosphorus: 501.55mg (50.16%), Vitamin B12: 2.54µg (42.34%), Copper: 0.78mg (39.08%), Magnesium: 146.11mg  
(36.53%), Selenium: 23.85µg (34.07%), Vitamin B2: 0.57mg (33.69%), Vitamin K: 31.01µg (29.53%), Folate: 96.74µg  
(24.19%), Calcium: 220.62mg (22.06%), Vitamin B1: 0.31mg (21%), Vitamin B5: 1.82mg (18.2%)