



Easy Weeknight Chili

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons chili powder
- 6 garlic cloves minced
- 1.3 cups bell pepper green chopped (2 small)
- 1 pound ground round
- 1.3 teaspoons hot sauce
- 15 ounce no-salt-added kidney beans rinsed drained canned
- 29 ounce no-salt-added stewed tomatoes undrained chopped canned
- 1.3 cups onion chopped (1 large)
- 1 ounce onion soup mix

- 1 tablespoon paprika
- 1.5 ounces sharp cheddar cheese shredded reduced-fat
- 8 ounce no-salt-added tomato sauce canned
- 1 cup water

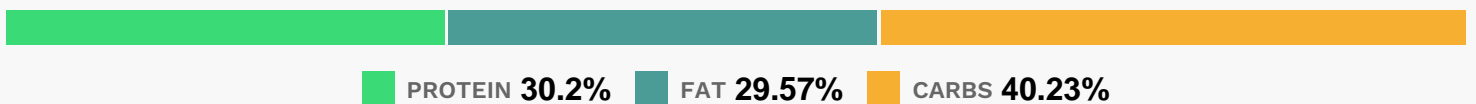
Equipment

- bowl
- frying pan
- ladle
- dutch oven

Directions

- Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- Add meat and next 3 ingredients; cook until meat is browned, stirring until it crumbles.
- Drain.
- Return mixture to pan; add tomatoes and next 7 ingredients. Bring to a boil; cover, reduce heat, and simmer 20 minutes, stirring occasionally. To serve, ladle chili into bowls; top each with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:5.2, Inflammation Score:-9, Nutrition Score:27.815652310848%

Flavonoids

Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 336.86kcal (16.84%), Fat: 11.46g (17.63%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 24.62g (8.95%), Sugar: 7.68g (8.54%), Cholesterol: 56.23mg (18.74%), Sodium: 763.16mg (33.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.65%), Vitamin C: 45.42mg (55.06%), Vitamin A: 2273.48IU (45.47%), Vitamin B6: 0.84mg (42.12%), Fiber: 10.45g (41.81%), Iron: 6.71mg (37.27%), Manganese: 0.74mg (37.08%), Zinc: 5.33mg (35.51%), Phosphorus: 354.63mg (35.46%), Potassium: 1158.5mg (33.1%), Vitamin B3: 6.46mg (32.3%), Folate: 123.79µg (30.95%), Vitamin B12: 1.75µg (29.1%), Vitamin E: 3.79mg (25.26%), Selenium: 17.49µg (24.98%), Copper: 0.48mg (24.01%), Vitamin B2: 0.38mg (22.16%), Magnesium: 88.16mg (22.04%), Vitamin B1: 0.28mg (18.95%), Vitamin K: 19.49µg (18.56%), Calcium: 166.87mg (16.69%), Vitamin B5: 1.11mg (11.09%)