



Enchilada Chili

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced with green chiles, undrained canned
- 15 oz chili sauce canned
- 1 cup corn chips
- 1.5 cups corn whole frozen (from 1-lb bag)
- 10 oz enchilada sauce canned
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped

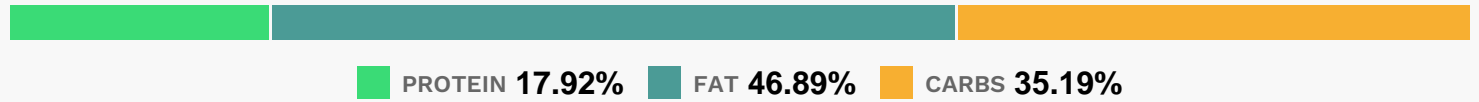
Equipment

sauce pan

Directions

- In 4-quart saucepan, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until beef is brown; drain.
- Stir tomatoes, enchilada sauce and corn into beef.
- Heat to boiling; reduce heat to medium-low. Cook 10 minutes, stirring occasionally.
- Stir in beans. Cook 5 to 8 minutes, stirring occasionally, until thoroughly heated.
- Sprinkle individual servings with corn chips.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:22.248695653418%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 599.86kcal (29.99%), Fat: 31.3g (48.16%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 46.86g (17.04%), Sugar: 22.22g (24.69%), Cholesterol: 80.51mg (26.84%), Sodium: 2330.86mg (101.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.83%), Vitamin B12: 2.43µg (40.45%), Vitamin B3: 7.87mg (39.37%), Vitamin C: 30.42mg (36.87%), Zinc: 5.53mg (36.86%), Vitamin B6: 0.71mg (35.56%), Phosphorus: 325.52mg (32.55%), Vitamin E: 4.8mg (32%), Potassium: 1018.86mg (29.11%), Selenium: 20.05µg (28.65%), Iron: 4.9mg (27.23%), Vitamin A: 1316.28IU (26.33%), Fiber: 6g (24.02%), Vitamin B2: 0.33mg (19.4%), Magnesium: 67.37mg (16.84%), Copper: 0.33mg (16.29%), Vitamin B1: 0.22mg (14.58%), Manganese: 0.24mg (12.16%), Folate: 47.6µg (11.9%), Vitamin K: 12.02µg (11.44%), Calcium: 109.62mg (10.96%), Vitamin B5: 0.84mg (8.39%)