



Enchilada Chili



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

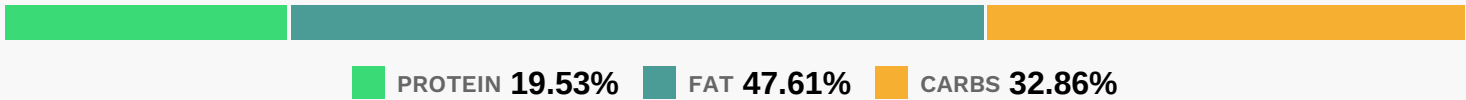
Equipment

☐ 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:-7, Nutrition Score:22.802608894265%

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: 605.18kcal (30.26%), Fat: 32.05g (49.31%), Saturated Fat: 9.96g (62.24%), Carbohydrates: 49.78g (16.59%), Net Carbohydrates: 41.86g (15.22%), Sugar: 13.66g (15.18%), Cholesterol: 80.51mg (26.84%), Sodium: 1677.05mg (72.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.15%), Zinc: 7.49mg (49.9%), Phosphorus: 433.96mg (43.4%), Vitamin B6: 0.83mg (41.41%), Vitamin B12: 2.44µg (40.62%), Iron: 6.03mg (33.5%), Vitamin B3: 6.55mg (32.77%), Fiber: 7.92g (31.67%), Potassium: 1103.91mg (31.54%), Selenium: 20.27µg (28.95%), Magnesium: 102.45mg (25.61%), Vitamin B2: 0.41mg (24.4%), Copper: 0.46mg (22.77%), Vitamin E: 2.98mg (19.88%), Vitamin C: 15.22mg (18.45%), Folate: 65.67µg (16.42%), Manganese: 0.24mg (12.16%), Calcium: 121.31mg (12.13%), Vitamin A: 606.12IU (12.12%), Vitamin B1: 0.17mg (11.03%), Vitamin B5: 0.84mg (8.39%), Vitamin K: 6.91µg (6.58%)