



## Family-Favorite Chili

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

READY IN



25 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb ground beef 80% lean (at least )
- 38 oz beans red rinsed drained canned
- 15 oz tomato sauce organic canned
- 1 cup water
- 1 tablespoon chili powder
- 1 teaspoon onion powder
- 0.3 teaspoon salt

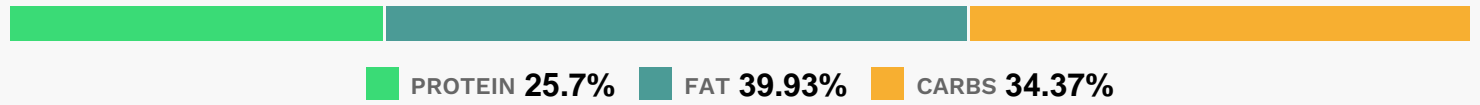
## Equipment

sauce pan

## Directions

- In 4-quart saucepan, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain.
- Stir in remaining ingredients.
- Heat to boiling over medium heat, stirring occasionally. Reduce to simmer; cook, uncovered, 5 minutes to combine flavors.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:15.17, Inflammation Score:-8, Nutrition Score:28.65652153803%

## Nutrients (% of daily need)

Calories: 539.04kcal (26.95%), Fat: 24.26g (37.32%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 46.97g (15.66%), Net Carbohydrates: 30.33g (11.03%), Sugar: 8.94g (9.94%), Cholesterol: 80.51mg (26.84%), Sodium: 1450.81mg (63.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.25%), Fiber: 16.64g (66.56%), Phosphorus: 500.96mg (50.1%), Manganese: 0.95mg (47.48%), Zinc: 6.76mg (45.04%), Vitamin B12: 2.43µg (40.45%), Potassium: 1366.11mg (39.03%), Iron: 6.95mg (38.63%), Vitamin B3: 7.41mg (37.05%), Vitamin B6: 0.73mg (36.57%), Copper: 0.62mg (30.99%), Selenium: 21.09µg (30.13%), Magnesium: 120.16mg (30.04%), Vitamin B2: 0.44mg (25.68%), Vitamin B1: 0.37mg (24.47%), Folate: 88.41µg (22.1%), Vitamin A: 1053.33IU (21.07%), Vitamin E: 2.81mg (18.76%), Vitamin K: 18.19µg (17.33%), Vitamin B5: 1.27mg (12.69%), Calcium: 123.78mg (12.38%), Vitamin C: 9.73mg (11.79%)