



Family-Favorite Chili

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

READY IN



10 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chili powder
- 10.8 oz all natural tomato soup canned
- 0.5 lb ground beef 80% lean (at least)
- 1 tablespoon onion instant minced
- 2 cups kidney beans red rinsed drained (from 19-oz can)
- 1 water canned

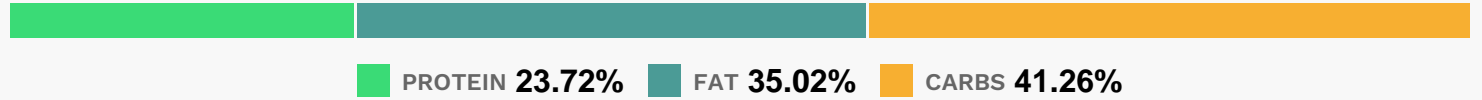
Equipment

- sauce pan

Directions

- Cook beef in 2–quart saucepan over medium heat about 5 minutes, stirring occasionally, until brown; drain.
- Stir in remaining ingredients.
- Heat to boiling, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:8.24, Inflammation Score:-7, Nutrition Score:16.026086905728%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 310.52kcal (15.53%), Fat: 12.26g (18.87%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 24.73g (8.99%), Sugar: 6.73g (7.48%), Cholesterol: 40.26mg (13.42%), Sodium: 343.74mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.37%), Fiber: 7.78g (31.11%), Folate: 119.77µg (29.94%), Manganese: 0.55mg (27.66%), Potassium: 961.08mg (27.46%), Phosphorus: 242.6mg (24.26%), Iron: 4.33mg (24.05%), Zinc: 3.5mg (23.35%), Vitamin B12: 1.21µg (20.22%), Vitamin B6: 0.38mg (18.94%), Vitamin B3: 3.68mg (18.4%), Selenium: 12.07µg (17.24%), Magnesium: 61.92mg (15.48%), Copper: 0.3mg (14.93%), Vitamin B1: 0.2mg (13.44%), Vitamin C: 11.08mg (13.43%), Vitamin A: 595.21IU (11.9%), Vitamin K: 11.96µg (11.39%), Vitamin B2: 0.16mg (9.22%), Vitamin E: 0.9mg (6%), Vitamin B5: 0.49mg (4.91%), Calcium: 48.92mg (4.89%)