



WHATSheATE



Family Style Italian Chili



Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce kidney beans rinsed canned
- ☐ 1 teaspoon chili powder
- ☐ 1 bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds ground beef lean
- ☐ 1 onion chopped
- ☐ 0.5 cup parmesan cheese divided grated kraft
- ☐ 14.5 ounce hunt's® tomatoes diced undrained canned

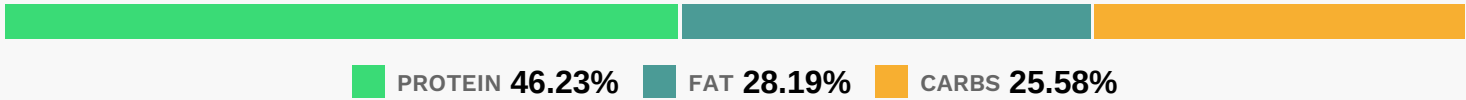
Equipment

☐ frying pan

Directions

- ☐ Brown meat in large skillet; drain.
- ☐ Add pepper and onions; cook 5 min., stirring frequently.
- ☐ Add beans, tomatoes, seasonings and 1/4 cup cheese; stir. Simmer 1 hour, stirring occasionally.
- ☐ Served topped with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:4.77, Inflammation Score:-7, Nutrition Score:20.621304335801%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 275.58kcal (13.78%), Fat: 8.58g (13.2%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 12g (4.36%), Sugar: 4.45g (4.94%), Cholesterol: 77.56mg (25.85%), Sodium: 418.94mg (18.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.65g (63.29%), Zinc: 6.79mg (45.27%), Vitamin B12: 2.65µg (44.21%), Phosphorus: 383.38mg (38.34%), Vitamin B3: 7.18mg (35.88%), Selenium: 23.63µg (33.76%), Vitamin C: 27.3mg (33.09%), Vitamin B6: 0.64mg (31.98%), Potassium: 834.41mg (23.84%), Iron: 4.22mg (23.45%), Fiber: 5.5g (22.01%), Manganese: 0.37mg (18.71%), Vitamin B2: 0.29mg (16.95%), Vitamin A: 819.6IU (16.39%), Magnesium: 62.9mg (15.73%), Copper: 0.27mg (13.26%), Calcium: 122.37mg (12.24%), Vitamin B1: 0.17mg (11.63%), Vitamin K: 10.81µg (10.29%), Folate: 41.08µg (10.27%), Vitamin B5: 0.96mg (9.56%), Vitamin E: 0.96mg (6.4%), Vitamin D: 0.16µg (1.03%)