



## Family-Style Parmesan Chili

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15.5 oz kidney beans rinsed canned
- 14.5 oz canned tomatoes diced undrained canned
- 1 tsp chili powder
- 1 bell pepper green chopped
- 1 tsp ground cumin
- 1.5 lb ground beef lean
- 1 onion chopped
- 0.5 cup parmesan cheese divided grated kraft

1 cup water

## Equipment

frying pan

## Directions

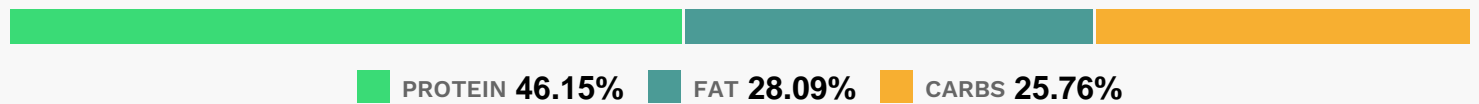
Brown meat in large skillet; drain.

Add peppers and onions; cook 5 min., stirring frequently.

Add beans, tomatoes, water, seasonings and 1/4 cup cheese; stir. Cover; simmer 45 min., stirring occasionally.

Serve topped with remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:4.07, Inflammation Score:-6, Nutrition Score:20.192173595014%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

## Nutrients (% of daily need)

Calories: 275.23kcal (13.76%), Fat: 8.55g (13.15%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 12.23g (4.45%), Sugar: 4.28g (4.76%), Cholesterol: 77.56mg (25.85%), Sodium: 517.37mg (22.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.19%), Zinc: 6.78mg (45.19%), Vitamin B12: 2.65µg (44.21%), Phosphorus: 380.31mg (38.03%), Vitamin B3: 7.27mg (36.35%), Selenium: 23.72µg (33.89%), Vitamin B6: 0.66mg (33.16%), Vitamin C: 24.29mg (29.44%), Iron: 4.72mg (26.23%), Potassium: 803.12mg (22.95%), Fiber: 5.41g (21.63%), Vitamin B2: 0.31mg (18.46%), Manganese: 0.35mg (17.55%), Magnesium: 63.47mg (15.87%), Copper: 0.28mg (13.98%), Calcium: 138.32mg (13.83%), Vitamin B1: 0.18mg (12.01%), Vitamin B5: 0.98mg (9.77%), Folate: 36.32µg (9.08%), Vitamin E: 1.1mg (7.34%), Vitamin A: 363.65IU (7.27%), Vitamin K: 7.51µg (7.15%), Vitamin D: 0.16µg (1.03%)