



Fancy Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 28 ounce canned tomatoes canned
- ☐ 4 carrots grated peeled
- ☐ 2 tablespoons chili powder hot
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onion chopped
- ☐ 0.5 pound ground beef lean

- ☐ 1 tablespoon olive oil
- ☐ 1 medium bell pepper diced red cored seeded
- ☐ 1 pinch salt

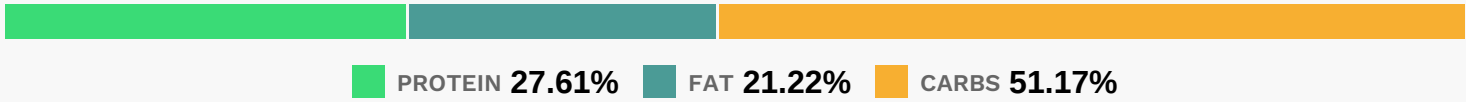
Equipment

- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large saucepan, heat the oil over medium heat.
- ☐ Add the garlic and green onions and cook for about 1 minute.
- ☐ Add the ground beef and cook until browned, about 5 minutes. Stir in the chili powder until fully combined.
- ☐ Add the tomatoes, beans, bell pepper, carrots, brown sugar and salt. Bring the mixture to a boil, and then reduce the heat to low. Cover and simmer the chili for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:44.71, Glycemic Load:6.7, Inflammation Score:-10, Nutrition Score:35.403478244077%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 321.02kcal (16.05%), Fat: 8.04g (12.36%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 28.41g (10.33%), Sugar: 13.95g (15.5%), Cholesterol: 35.15mg (11.72%), Sodium: 828.64mg (36.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.06%), Vitamin A: 12863.81IU (257.28%), Vitamin C: 65.65mg (79.58%), Fiber: 15.19g (60.75%), Vitamin K: 52.43µg (49.94%), Vitamin B6: 0.86mg (42.97%), Manganese: 0.85mg (42.53%), Potassium: 1482.25mg (42.35%), Iron: 7.19mg (39.92%), Vitamin B3: 7.63mg (38.15%), Vitamin E: 5.61mg (37.41%), Copper: 0.7mg (34.93%), Phosphorus: 338.61mg (33.86%), Folate: 127.93µg

(31.98%), Zinc: 4.45mg (29.7%), Magnesium: 109.14mg (27.29%), Vitamin B1: 0.4mg (26.47%), Vitamin B2: 0.43mg (25.41%), Vitamin B12: 1.27µg (21.17%), Selenium: 13.64µg (19.48%), Calcium: 157.37mg (15.74%), Vitamin B5: 1.43mg (14.27%)