

Fast-Break Chili

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce tomato sauce canned
- ☐ 16 servings toppings: cheddar cheese shredded sour chopped
- ☐ 48 ounce chili beans sauce hot canned
- ☐ 3.5 ounce chili seasoning with french's)
- ☐ 4.5 pounds ground beef
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

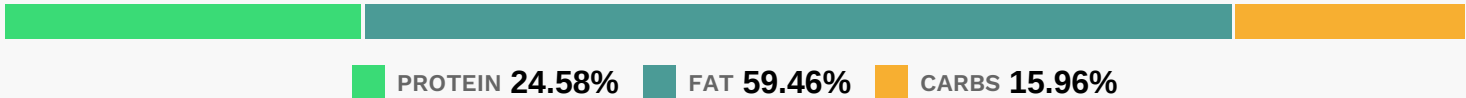
Equipment

☐ dutch oven

Directions

- ☐ Brown beef in a Dutch oven, stirring until it crumbles.
- ☐ Drain and return to Dutch oven. Stir in chili mix and next 5 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:28.107391181199%

Nutrients (% of daily need)

Calories: 565.63kcal (28.28%), Fat: 37.6g (57.85%), Saturated Fat: 15.84g (98.99%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 15.77g (5.73%), Sugar: 8.04g (8.94%), Cholesterol: 120.58mg (40.19%), Sodium: 1353.84mg (58.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.98g (69.97%), Vitamin A: 3710.69IU (74.21%), Zinc: 8.58mg (57.2%), Phosphorus: 510.99mg (51.1%), Vitamin B12: 3.06µg (50.94%), Vitamin B6: 0.87mg (43.67%), Selenium: 29.6µg (42.29%), Vitamin B3: 7.13mg (35.64%), Iron: 6.18mg (34.36%), Vitamin B2: 0.58mg (33.93%), Potassium: 1128.9mg (32.25%), Calcium: 287.42mg (28.74%), Fiber: 6.94g (27.76%), Vitamin E: 3.88mg (25.87%), Magnesium: 91.26mg (22.82%), Copper: 0.44mg (22.04%), Folate: 47.56µg (11.89%), Vitamin B5: 1.17mg (11.67%), Manganese: 0.2mg (10.19%), Vitamin K: 10.62µg (10.11%), Vitamin B1: 0.14mg (9.15%), Vitamin C: 7.08mg (8.59%), Vitamin D: 0.31µg (2.05%)