



 **30%**  
HEALTH SCORE

## Pressure Cooker Chili

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

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**449 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 29 ounce tomatoes diced undrained canned
- 2 tablespoons chili powder
- 1 tablespoon t brown sugar dark
- 2 cloves garlic minced
- 1 small bell pepper green finely chopped
- 1 pound ground beef
- 2 teaspoons ground cumin
- 1 jalapeno seeded finely chopped

- 0.5 teaspoon kosher salt to taste
- 2 teaspoons olive oil
- 29 ounce kidney beans dark red drained and rinsed canned
- 0.3 teaspoon pepper red crushed to taste
- 1 onion sweet chopped
- 3 tablespoons tomato paste
- 2 teaspoons cocoa powder unsweetened
- 2 cups water

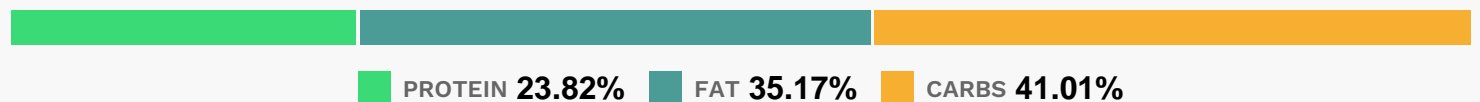
## Equipment

- pressure cooker

## Directions

- Place the ground beef in the pressure cooker over medium high heat; cook until brown and crumbly, 8 to 10 minutes.
- Remove the ground beef, and drain off the excess fat.
- Return the open pressure cooker to the burner over medium heat, pour in the olive oil, and stir in the onion, green pepper, and jalapeno pepper. Cook and stir for 3 to 4 minutes, until the onion is translucent.
- Add the garlic, and cook and stir for about 30 more seconds. Return the meat to the pressure cooker; mix in the kidney beans, diced tomatoes, tomato paste, brown sugar, cocoa powder, red pepper flakes, chili powder, cumin, salt, and water.
- Lock the lid, bring the cooker up to pressure, reduce heat to maintain pressure, and cook for 8 minutes.
- Remove cooker from the heat, and let the pressure reduce on its own, 5 to 10 minutes.
- When the pressure is fully released, remove the lid, stir the chili, and serve.

## Nutrition Facts



## Properties

Glycemic Index:25.55, Glycemic Load:7.3, Inflammation Score:-9, Nutrition Score:28.376956483592%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 18.48mg, Quercetin: 18.48mg, Quercetin: 18.48mg, Quercetin: 18.48mg

## Nutrients (% of daily need)

Calories: 448.58kcal (22.43%), Fat: 18.02g (27.72%), Saturated Fat: 6.23g (38.94%), Carbohydrates: 47.27g (15.76%), Net Carbohydrates: 33.49g (12.18%), Sugar: 10g (11.12%), Cholesterol: 53.68mg (17.89%), Sodium: 562.17mg (24.44%), Alcohol: 0g (100%), Protein: 27.46g (54.93%), Fiber: 13.78g (55.12%), Folate: 210.89µg (52.72%), Manganese: 0.95mg (47.52%), Iron: 8.26mg (45.88%), Vitamin C: 31.85mg (38.61%), Vitamin B6: 0.76mg (38.06%), Phosphorus: 380.29mg (38.03%), Potassium: 1265.39mg (36.15%), Zinc: 5.15mg (34.35%), Copper: 0.6mg (30.21%), Vitamin B3: 5.74mg (28.69%), Magnesium: 108.92mg (27.23%), Vitamin B12: 1.62µg (26.96%), Vitamin B1: 0.36mg (24.14%), Vitamin A: 1177.59IU (23.55%), Vitamin K: 23.04µg (21.94%), Selenium: 14.64µg (20.91%), Vitamin E: 3.03mg (20.21%), Vitamin B2: 0.32mg (19.12%), Calcium: 131.56mg (13.16%), Vitamin B5: 0.96mg (9.61%)