



Five-Ingredient Chili

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 64 ounce chili-hot beans undrained canned
- 1.8 ounce chili seasoning
- 1.5 pounds ground round
- 1 onion chopped
- 46 ounce no-salt-added tomato juice canned

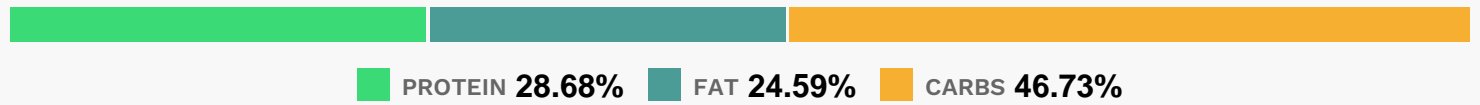
Equipment

- dutch oven

Directions

- Cook meat and onion in a Dutch oven over medium-high heat until meat is browned, stirring until it crumbles; drain, if necessary. Stir in beans and remaining ingredients.
- Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes or until thickened to desired consistency, stirring occasionally.
- Tip: With only five ingredients and a 10-minute prep time, this hot-and-spicy chili is one of our favorites.

Nutrition Facts



Properties

Glycemic Index:5.24, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:18.777826322162%

Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 240.22kcal (12.01%), Fat: 6.67g (10.26%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 21.31g (7.75%), Sugar: 10.82g (12.02%), Cholesterol: 31.59mg (10.53%), Sodium: 983.7mg (42.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (34.99%), Vitamin A: 2180.29IU (43.61%), Vitamin B6: 0.72mg (35.9%), Zinc: 5.23mg (34.84%), Phosphorus: 319.18mg (31.92%), Potassium: 1044.77mg (29.85%), Fiber: 7.19g (28.74%), Iron: 4.67mg (25.92%), Vitamin C: 19.86mg (24.08%), Copper: 0.45mg (22.34%), Magnesium: 85.38mg (21.34%), Vitamin B2: 0.34mg (20.28%), Vitamin B3: 3.92mg (19.62%), Vitamin B12: 1.09µg (18.12%), Selenium: 10.29µg (14.71%), Folate: 58.47µg (14.62%), Vitamin E: 1.76mg (11.72%), Vitamin B1: 0.13mg (8.76%), Manganese: 0.14mg (6.83%), Calcium: 65.24mg (6.52%), Vitamin B5: 0.62mg (6.21%), Vitamin K: 5.93µg (5.64%)