



Four-Layer Chili With Beans

READY IN



45 min.

SERVINGS



6

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans drained canned
- ☐ 2 teaspoons chili powder
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.8 pound ground round
- ☐ 29 ounce no-salt-added stewed tomatoes undrained canned
- ☐ 6 tablespoons onion diced
- ☐ 0.3 teaspoon pepper

- ☐ 4.5 cups vermicelli hot cooked uncooked 9 ounces pasta
- ☐ 0.8 teaspoon salt
- ☐ 1.5 ounces sharp cheddar cheese reduced-fat
- ☐ 2 cups water

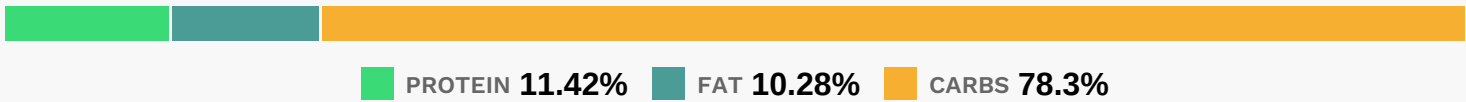
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook meat and garlic in a Dutch oven over medium-high heat until browned, stirring to crumble.
- ☐ Drain well, and return meat to pan.
- ☐ Add chili powder, cinnamon, and cumin; cook 1 minute.
- ☐ Add water and the next 4 ingredients (water through kidney beans), and bring to a boil. Reduce heat, and simmer 20 minutes.
- ☐ Serve chili over pasta; top with diced onion and cheese.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:87.9, Inflammation Score:-6, Nutrition Score:22.236086894637%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 864.63kcal (43.23%), Fat: 9.68g (14.89%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 165.9g (55.3%), Net Carbohydrates: 157.28g (57.19%), Sugar: 5.09g (5.66%), Cholesterol: 43.94mg (14.65%), Sodium: 908.46mg (39.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.39%), Manganese: 1.32mg (66.03%),

Selenium: 39.48µg (56.41%), Phosphorus: 517.45mg (51.75%), Fiber: 8.61g (34.45%), Zinc: 5.01mg (33.37%), Iron: 5.1mg (28.31%), Vitamin B6: 0.49mg (24.49%), Vitamin B3: 4.71mg (23.55%), Vitamin B12: 1.33µg (22.14%), Potassium: 721.25mg (20.61%), Copper: 0.41mg (20.56%), Magnesium: 75.18mg (18.79%), Vitamin C: 14.4mg (17.45%), Vitamin B2: 0.28mg (16.7%), Calcium: 166.77mg (16.68%), Vitamin B1: 0.23mg (15.18%), Folate: 41.78µg (10.44%), Vitamin E: 1.45mg (9.7%), Vitamin A: 433.9IU (8.68%), Vitamin K: 8.52µg (8.11%), Vitamin B5: 0.74mg (7.37%)